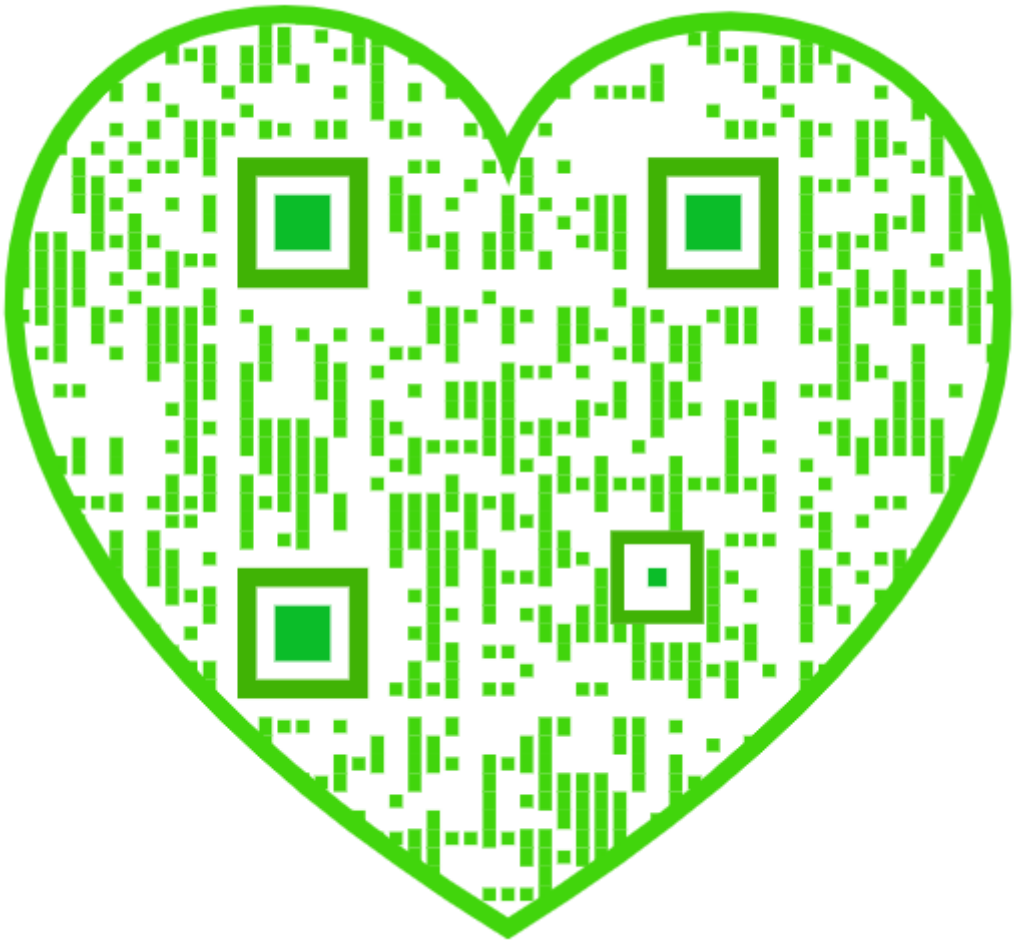
GOOD HOUSEKEEPING

FAMILY COOKBOOK



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Good Housekeeping Library Number Three

Good Housekeeping Family Cook Book

[Uniform with the Good Housekeeping Everyday Cook Book, but entirely distinct in subject matter]

Arranged by

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Culinary Editor of Good Housekeeping

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Introduction

THIS volume, uniform in size and style with the Good Housekeeping Everyday Cook Book, is an entirely new work from cover to cover, containing no material which is to be found in that very useful and successful book, which has taken its place as a household necessity throughout the United States; rather, supplementing that, the two embodying the cream of the cookery printed in the Good Housekeeping magazine in the past six years.

Good Housekeeping recipes have in all instances the test of experience, being accepted and printed only after their working value has been duly established by the originators or contributors. Furthermore, possible defects in the wording of a recipe are promptly reported by readers and corrected by the Editors in the preparation of the book; this, however, being necessary in but few instances.

Several distinctive features of the Good Housekeeping Family Cook Book are worthy of especial attention. The illustrations make clear the more elaborate methods, as pastry and croquette making. The range of subjects has been enlarged. In addition to those found in the Everyday Cook Book, chapters are devoted to chafing-dish cookery, candy-making and preserving. The process in each recipe is complete, simple and clear, furnishing a working basis to the inexperienced. Logical grouping and an alphabetical index make the desired recipe instantly available.

The memorandum feature which proved so popular in the Everyday Cook Book is retained in this, that favorite recipes from the pages of the magazine may be preserved from month to month.

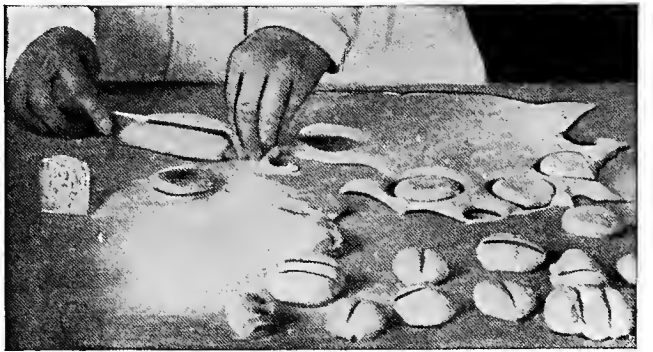
The Good Housekeeping Family Cook Book represents the latest, most thoroughly tested and highly approved experience of hundreds of the best professional and home cooks throughout the American continent.

CONTENTS

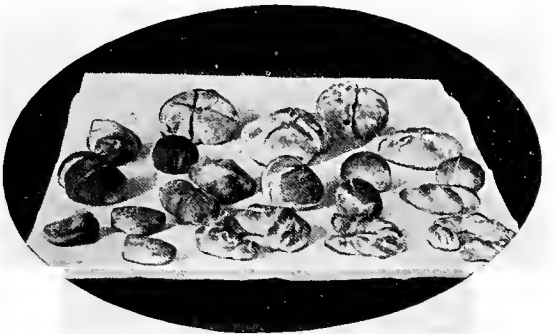
General Information . . . 30
Beverages 40
Cereals 46
Breads and Biscuits 48
Waffles and Griddle Cakes . . 60
Eggs 62
Soups with Stock 66
Soups without Stock . . . 70
Fish 78
Meat 88
Meat and Fish Sauces . . . 110
Pudding Sauces 118
Vegetables 122
Salads 140
Entrees 154
Puddings 180
Cold Desserts 194
Ices and Frozen Desserts . . . 214
Pastry 234
Cakes and Cookies 252
Sandwiches and Canapes . . 266
Fruits and Preserving . . . 278
Candies 292
Chafing-dish Recipes 300
Cookery for the Sick 310

Illustrations

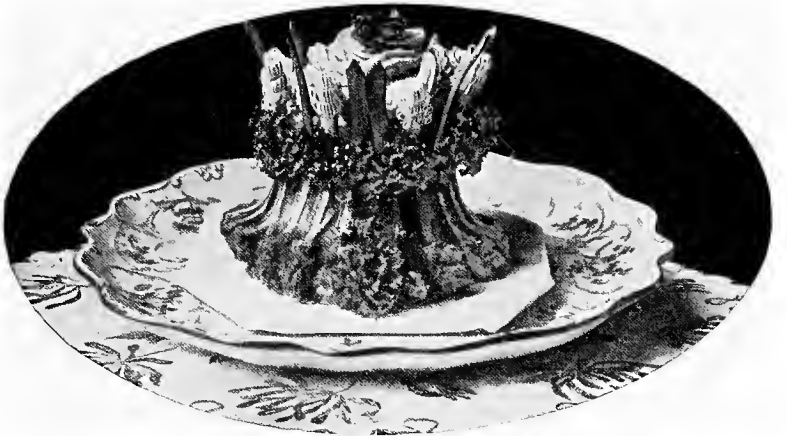
BREADSTICKS, BRAIDS AND POCKETBOOK ROLLS—Page 58



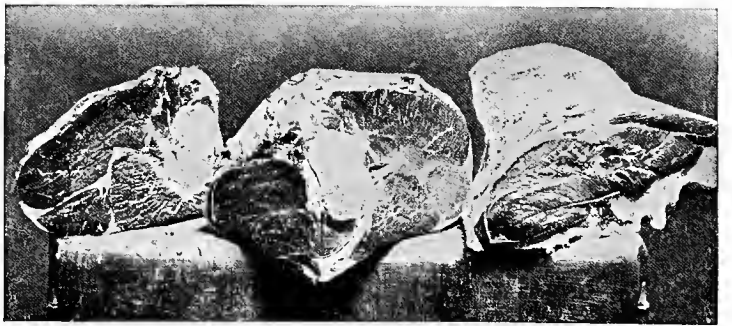
SHAPING THE RUSKS—Page 58



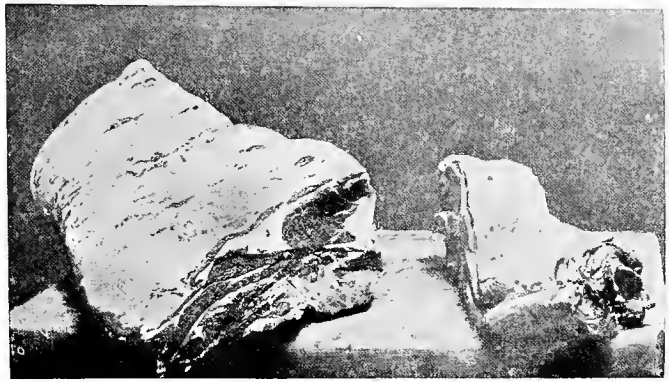
FANCY BREADS—Page 58



A CROWN ROAST IS AN ATTRACTIVE METHOD OF
SERVING A LOIN OF LAMB



AITCHBONE, ROUND AND RUMP—Page 90

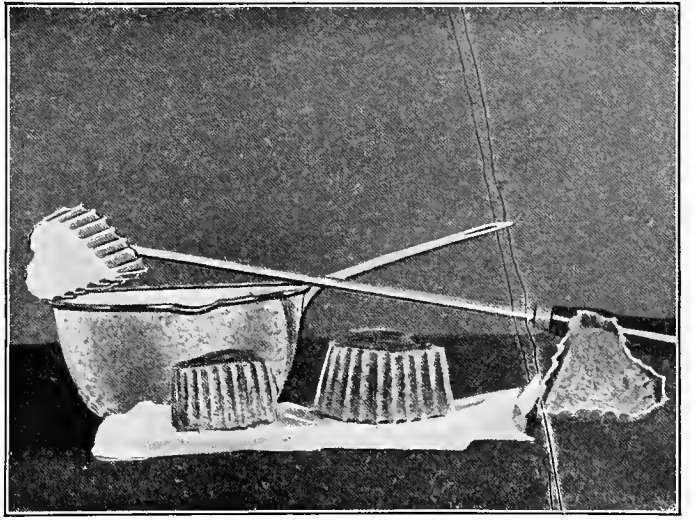


CHUCK RIBS AND NECK PIECE—Page 90

SHOULDER, RIBS AND STICKING PIECE—Page 90

A WATER-LILY SALAD—Page 142

CUCUMBER AND SWEETBREAD SALAD—Page 144



UTENSILS FOR MAKING HEART-SHAPED TIMBALES—Page 154

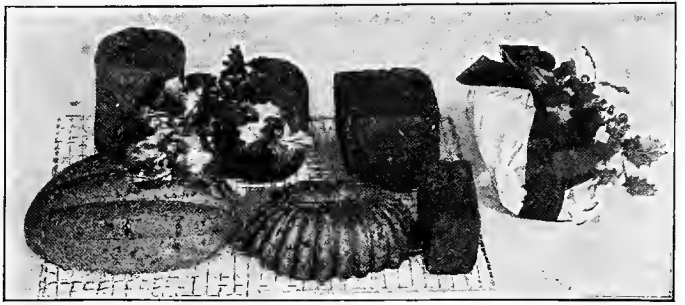
TIMBALE READY TO BE FILLED—Page 154

SHAPING A CROQUETTE—Page 166

COVERING THE CROQUETTE WITH EGG—Page 166

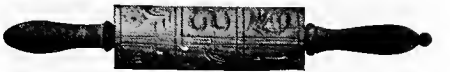
CROQUETTES AFTER FRYING—Page 166

CANDIES—Page 292

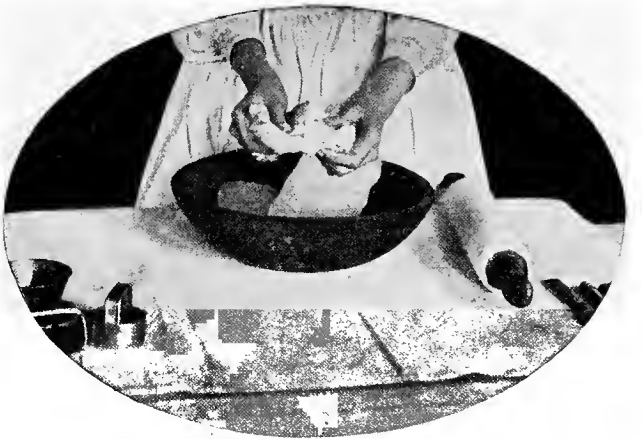


PLUM PUDDINGS—Page 180

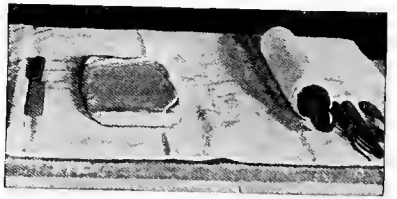
MACAROON ICE CREAM WITH MAPLE SAUCE—Page 224



ROLLER CARVED FOR PRINTING SMALL CAKES



WASHING THE BUTTER FOR PUFF-PASTE—Page 234



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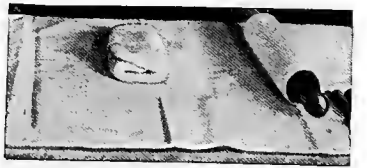

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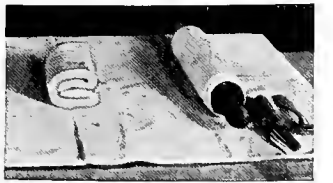
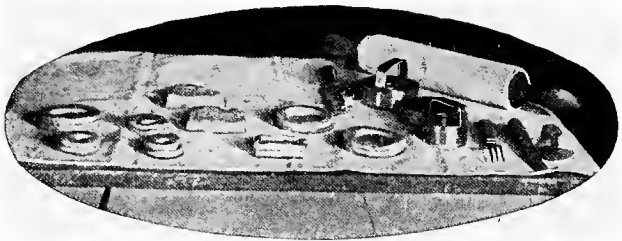
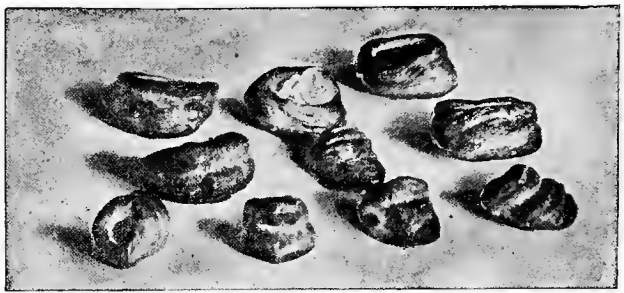


No. 4

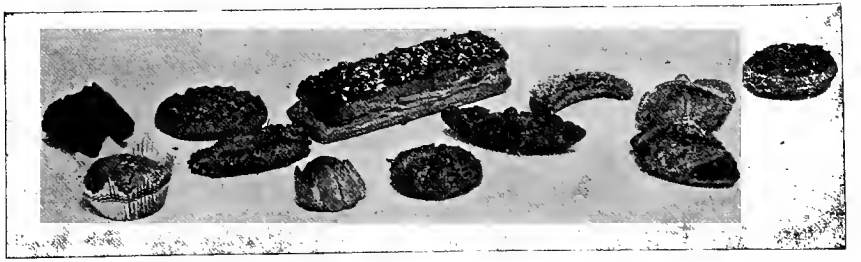
STEPS IN THE PROCESS OF ROLLING PUFF-PASTE—Page 234



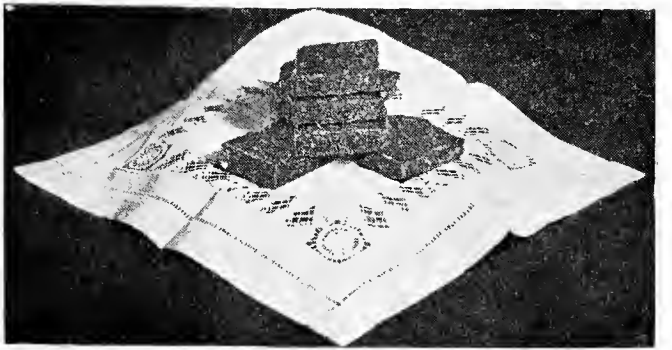
CUTTING THE PATTIES—Page 234



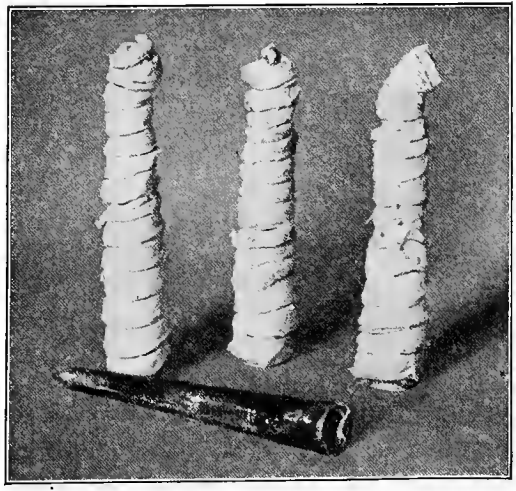
PUFF PASTE AFTER BAKING—Page 234



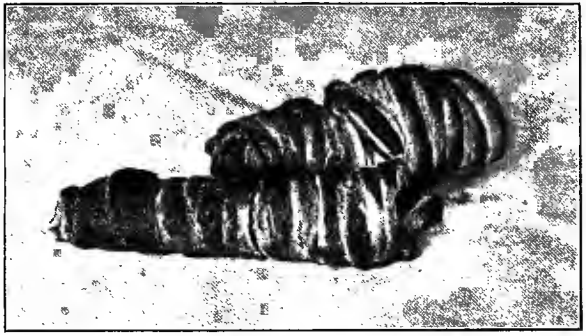
A FEW OF THE CAKES AND PASTRY WAFERS—Page 248



NUT SQUARES—Page 264



LADYLOCK IRONS WOUND WITH PASTE—Page 242



PASTRY HORNS READY TO BE FILLED—Page 242

Methods and Recipes

General Information

The food problem is one of the most difficult that the housekeeper has to meet. Today it means a study of balanced rations and proportions, as well as the cost and nutritive value of foods. It means the varying of these proportions to suit the needs of the old, the young, the laborer and the brain worker. It means, moreover, the combining and cooking of these materials in such fashion as to make them not alone balanced and nutritious, but pleasing and palatable as well.

What makes a food

All foods are made up of various proportions of five chemical compounds often called food principles. These are proteid, carbohydrates, fats, mineral matter and water.

Proteid is a class name for a large number of allied compounds which have the definite work of both building tissue and furnishing energy to the body. Proteid is a peculiar, semi-liquid substance, of a straw-color, which has the property of turning opaque white, and solidifying in hot water. A familiar illustration of one of the purest forms is the white of an egg. Its behavior with hot water is familiar to all.

The carbohydrates include the starches and sugars, and their long name simply means that they are composed of just three simple materials or elements—carbon, oxygen and hydrogen. There are many starches, but each kind is made up of an insoluble white grain inclosed in a very thin envelope of wood fiber. When this grain is cooked in boiling hot water the envelope softens, swells, and breaks, expelling the granular starch, which becomes transparent and soluble in the hot liquid. It is for this reason that starch should always be thoroughly cooked. Both starches and sugars are sources of energy. Fats or oils furnish heat and energy.

There is no more important food nutrient than water. This is a chemical compound containing only the two elements, hydrogen and oxygen. The fact that about three-fourths of the body weight is due to water makes its im-

portance in the diet at once apparent. Few people drink enough. It is a conservative estimate that at least a quart a day should be taken as a beverage.

The uses of the mineral salts are also many. They are found in all the digestive fluids of the body and without their presence absorption could not take place.

For each of the familiar combinations of foods there is a scientific explanation. The practice of baking pork with beans undoubtedly rose from the unconscious desire to balance the ration. The beans rich in carbohydrates and proteids lacked fat which the pork supplied. The corn bread, bacon and peas in the same way furnish the southern negro with a balanced if not easily digested ration. A meal may be perfectly well balanced and yet not be dietetically correct.

Food for indoor and outdoor workers

There are two great classes of workers, both needing a balanced ration but of a totally different kind. Roughly this balance should mean about three and one-half ounces each of proteids and fats with eleven ounces of carbohydrates. The first division includes those who engage in hard, muscular, outdoor work; the second includes those who are tied to a desk in a heated office, in school or in shop. The first, or out-of-door worker, with plenty of oxygen at hand and no hard brain labor, can digest more food and food difficult of digestion, because his blood supply is not called away from the digestive organs to the brain. Moreover, he needs the increased energy which is to be gotten from the increased supply, providing always he can digest it. A hearty breakfast, a hearty dinner in the middle of the day and a light supper at night is the best arrangement for this class of workers.

If of sedentary habits, a light breakfast, a light luncheon and dinner at night is usually the best arrangement for an adult family. A young child should have his heartiest meal in the middle of the day.

Fruits and green vegetables are made up almost entirely of water, or from 80 to 90 per cent, with indigestible fiber, some sugar, mineral matter, fruit or vegetable acids and flavoring oils. Although low in nutritive value, they serve

two important uses in the dietary—they furnish bulk and ballast, their indigestible residue acting as a stimulus to intestinal movements, and they are a valuable source of mineral salts. A deficiency of green vegetables will cause eczema and scurvy. Again, they increase the palatability of a meal for most people, and indirectly aid nutrition, as the senses of sight, taste and smell have a definite influence on the digestive functions.

The most readily available sources of proteid supply are the legumes, or beans and peas, corn meal, cheese, milk, figs and dates, eggs, nuts and flesh foods. These are arranged in the order of their cheapness. In general it will be seen that the vegetables are the cheapest sources of supply.

The grains, root vegetables and fruits furnish most of the carbohydrate material.

Fats are found in flesh foods, nuts, the yolk of egg, cheese, butter and olives.

The most common method of measuring the nutritive value of foods has been by means of their burning or heat-giving power. A unit of measurement, the calorie, was adopted for this purpose. The actual amount of heat necessary to raise a pound of water, practically a pint, four degrees Fahrenheit, is called the large calorie or unit of measurement. The number of degrees a given weight of food will raise the temperature is a fair index to its fuel value outside the body. But this method alone should not be relied upon as the heat and energy evolved within the body may be quite different. It has, however, a distinct value in affording a means of comparison of various foods, and in giving a general idea of their value.

The coal range

In selecting a coal range, the essential qualifications may be summarized as follows: Checks and dampers so arranged that they may be easily controlled, increasing and decreasing the heat at will; the oven space ample, with circulation of heated air to make the oven as hot on the bottom as on the top; a fire box large enough to hold coal to the depth of seven inches; an arrangement for the water back that shall insure an abundant, clean supply of hot water; a good warming oven; a duplex

grate, and an ash pan guarded with chutes so that the ashes will fall directly into the pan and not outside. Avoid over-ornamentation in nickel, which collects dust.

Properly cared for, a range should last from fifteen to twenty-five years, but it can be put out of commission in a much shorter time through carelessness or neglect. Most good housekeepers think there is less wear and tear on the stove to keep the range fire over night, especially in winter.

To build and keep a fire

In making a fire, be sure first that the grate is clean and the ash pan emptied so that there will be a free circulation of air. Place first a layer of shavings

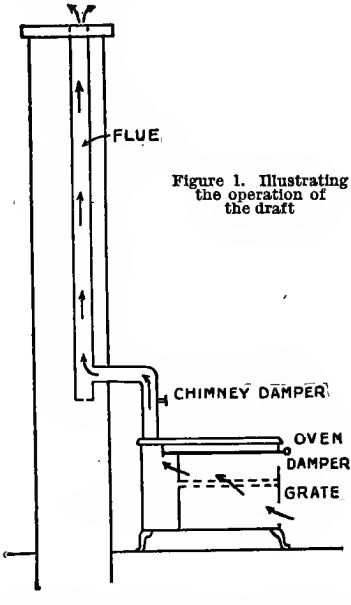


Figure 1. Illustrating the operation of the draft

or crumpled newspaper, for printers' ink is inflammable. Next to this foundation place fine pine splinters or kindling, with dried pieces of orange peel, peach pits or corncobs that you may happen to have. Next a layer of larger wood, reaching ends and sides. This helps the coal to kindle, and a stronger, more rapid blaze is obtained by its use. Light the paper from beneath and as soon as thoroughly kindled, put on a sprinkling of coal, opening the direct chimney and oven drafts. As the wood burns away,

add enough more coal to keep even with the fire bricks, but never over.

To keep a brisk fire all day, it is better to add a sprinkling of coal often, rather than to let it burn nearly out and then add a large quantity.

At night shake the fire partially clear of ashes, then put on coal. After the blue flame point has passed, close or nearly close the drafts, and open the little sliding door that lets cold air over the fire box. If conditions allow, leave the window down to let out any gas that may escape. Close the doors leading from the kitchen to the other rooms. In the morning, before shaking down the fire, put on a little wood and a sprinkling of coal, then shake and open drafts.

Don'ts from a stove repairer

Don't heat a stove rapidly the first time.

Don't pile the coal above the top of the fire box, nor allow the top of the stove to get red-hot. It warps and cracks the covers.

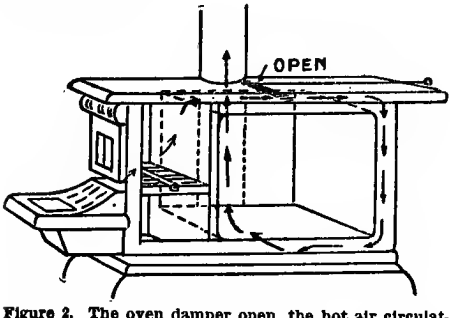


Figure 2. The oven damper open, the hot air circulating around the oven

Don't let your grate get clogged. Shake often and keep free from cinders and ashes.

Don't let ashes remain in the ash pan. They absorb the heat, cool the oven and check the draft.

Don't let clinkers remain fastened to the fire box. If the box is brick-lined, drop an oyster shell in the fire occasionally, when burning briskly, and the shell will clean off the brick.

Don't rush the range with the oven draft open. You use too much fuel and burn out the range too fast.

Don't let the smoke draft stand open, except when fresh coal is put on. Heat that goes up the chimney is so much good money burned.

Don't burn wet garbage in the stove. Dry it first. Otherwise, steam is generated and the moisture will injure the fire box.

Don't set leaky vessels or spill cold water on the range. The cold coming in contact with the heated metal will crack it. To get spots off when there has been a bad "spill over," cool the lids by changing them, or putting on coal. Clean with paper and finish with a scraper.

Don't let the reservoir covers stand open, as it rusts the iron and strains the hinges.

Don't let soot accumulate in the flue. Scrape off all soot that hangs to the oven bottom. Pull all soot toward you and be careful not to push it back into the flue.

The gas range

In buying a gas stove, ornamentation again should be a minor consideration. Much fretwork is a collector of dust and germs. Blue planished steel is durable and easy to keep clean. It does

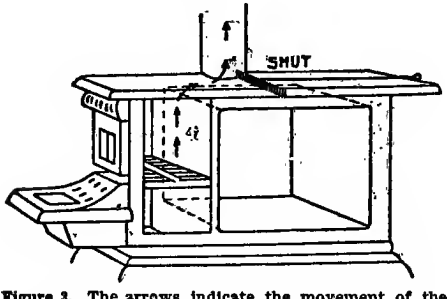


Figure 3. The arrows indicate the movement of the draft up chimney, the oven damper closed

not rust or discolor. Of distinct advantage, also, are strong, steel wire oven racks, that will not break or absorb heat; oven doors, spring poised, that do not open or shut with a jar; interlocking parts that can be removed for cleaning, without displacing screws or bolts; oven and broiler doors, interlined with heavy asbestos or aluminized steel; and legs to raise the range from the floor, high enough to permit sweeping underneath.

The best burners are of one piece, obviating leaky joints, and independently supported, so that they are readily removable for cleaning. Covers, made with reducing rings to accommodate vessels of different sizes, and an arrange-

ment that places oven and broiler on top of the range, doing away with the stooping posture when baking or broiling, are also of great convenience. For the forgetful one there is now a patented safety lighter, warranted to insure against accident from explosion. The cocks are arranged with valves, by which the supply of oxygen may be regulated. Among the axioms which might be hung beside the range with advantage to the cook and the gas bill are these:

Matches are cheaper than gas.

Never light a top burner until you are ready to use it. It gives the maximum of heat when first lighted.

Turn off a burner as soon as you have finished.

In using the oven or broiler, light both burners a few moments before you are ready to bake or broil.

Turn off the oven burners a few moments before the cooking is finished, as the heat is retained in the oven several minutes after the burners are turned off.

Never use a large burner when a small one will do the work.

Keep your stove clean. Wash top and side pan daily, also the burners, greasing the latter slightly. If the burners clog, clean them with a wire.

Once or twice a week, brush out your oven and if of iron, grease linings and sides with any animal fat that has no salt in it. Black the sides of the stove, if you will, but never the burners, as this would stop a full flow of gas.

Wipe the nickel daily with a soft cloth, and, if tarnished, clean as you would silver.

Never let a gas flame burn yellow or with a whistling noise. Turn out and light again, or, if necessary, regulate the supply of air by the valve in the cock until the flame burns blue and the whistling ceases.

Never light the pilot or gas match without first opening the oven doors.

Don't forget to put the pilot out when you are through with it. If you are going to leave the range unused for some time, wipe over with lard and cover with carpet or woolen.

How to measure

Careful and exact measuring is essential in order to have satisfactory results in cooking. The measurements used in this cook book are level, in every instance

conforming to present cooking school standards.

In measuring liquids a "cup" is all a cup will hold; flour is sifted once, the cup filled without packing, then leveled with a sharp knife. Butter is packed solid, then leveled.

Use standard spoons and measuring cups known to contain exactly one-half pint. They should be marked in quarters and thirds.

A tablespoon is measured level, then cut lengthwise for a half tablespoon; the resulting half is then divided crosswise for a quarter tablespoon.

Weights may be translated into their equivalents by the following table:

Table of weights and measures

4 saltspoons make 1 teaspoon.
3 teaspoons make 1 tablespoon.
4 tablespoons make ¼ cup or ½ gill.
2 gills make 1 cup.
2 pints make 1 quart.
4 quarts make 1 gallon.
4 cups of flour make 1 pound.
2 cups of butter make 1 pound.
2 cups of granulated sugar make 1 pound.
3 cups of meal make 1 pound.
2 cups of solid meat make 1 pound.
1 tablespoon of liquid makes ½ ounce.
2 tablespoons of butter make 1 ounce.
4 tablespoons of flour make 1 ounce.
3 tablespoons of sugar make 1 ounce.

Modes of cooking

The common methods of cooking are roasting, broiling, stewing, boiling, braising, sauteing and frying.

Roasting is really cooking before a clear fire, but the modern oven ventilated and heated by radiation provides a good substitute for the ancient revolving spit.

In broiling, the food is placed in an oiled broiler and cooked over coals, under a gas flame or in an electric broiler. Turn often, every ten counts, at first, that the surface may be seared. Although there is considerable loss of weight in this method, none yields a finer flavor. A makeshift broiling may be accomplished in a hissing hot unbuttered frying pan.

Boiling means to immerse the food in water or liquid at a temperature of 212 degrees Fahrenheit or the boiling point at normal atmospheric pressure. Simmering indicates gentle boiling. In

simmering some portion of the liquid is boiling but in boiling proper every portion of the vessel of water has reached the required temperature.

Stewing implies long cooking at simmering point in a small quantity of water or liquid. The aim is to soften the fibers and make a rich gravy by extracting material from the food.

Braising is now very popular and fashionable as well, since the attractive casseroles have been put on the market. The method implies long, slow cooking in a covered dish with a small amount of liquid after the surface has first been seared by quick, dry heat.

In frying properly, the food is immersed in a bath of fat, the temperature varying with the material to be cooked. For croquettes and like cooked foods a small bit of bread must brown in forty counts, while for fritters, doughnuts and all uncooked foods, sixty counts is preferable.

Manipulation

To stir is to intimately incorporate materials by means of a circular motion whose radius gradually increases. It is the most common method in use.

To beat is to incorporate air into the mixture by means of an up and down stroke, combined with the circular motion.

To cut and fold is a double motion by which the air already beaten in is prevented from escaping. Use a silver knife, cut downward with a clean, sharp stroke, then bring the batter at the bottom of the mixing bowl up and over, folding it in. Continue until the combining process is completed.

A soft custard is stirred to prevent curdling; the white of an egg is beaten until double in bulk from the entangled air; the flour for a sponge cake is carefully cut and folded in to prevent loss of air.

The Recipes

Beverages

Cocoa

Boil one and one-half tablespoons of cocoa in one-half cup of water until smooth, glossy and thickened, then add two cups each of milk and water or one quart of milk. Heat but do not allow it to boil again and just before serving beat vigorously with an egg beater. This "milling" improves the texture and brings out the flavor.

Tea

Scald an earthen or china teapot. In this place two teaspoons of tea and pour over it a pint of freshly boiling water. Place on the back of range to steep five minutes.

Iced Tea

Cool rapidly fresh made tea. Fill the glasses one-half with finely chopped ice, fill up with tea, sweeten with sugar syrup and add a slice of lemon, orange or lime.

Sugar Syrup

Boil two cups of sugar with two cups of water ten minutes. Bottle while hot and seal. Use in place of sugar for punches, ices and frozen desserts.

Coffee

Mix one cup of coffee with one of cold water, beat together and add six cups of boiling water. Boil three minutes, stir and add one-fourth cup of very cold water to settle.

Iced Cocoa

Make the cocoa a little stronger than usual, and when cool put it in the ice box till thoroughly chilled. Chopped ice may be added. Just before serving add a little vanilla. Serve with sugar and cream.

Blackberry Bounce

Stew a peck of blackberries, then strain through a flannel bag. To one quart of juice put one pound of sugar. Boil five minutes and skim. When cold put one quart of brandy to four quarts of juice. Spice to taste.

Ginger Cobbler

Slice into a large mixing bowl one pared cucumber, two oranges and three lemons; sprinkle with a cup of powdered sugar and pour over a cup of preserved ginger syrup. Place in the ice chest for two hours to chill and ripen, then add one cup of thick sugar syrup and two quarts of ginger ale. Place a square block of ice in a glass punch bowl, garnished with large red raspberries and bunches of ripe currants; pour the effervescing cobbler over it and serve immediately.

Lime Sherbet

Squeeze the juice from four limes; strain and add a cup of raspberry vinegar, two cups of pulverized sugar and half a cup of grated cocoanut. Cover and place directly on the ice for two hours, then pour in gradually a cup of iced tea, adding three sliced oranges and the stiffly whipped whites of two eggs. Prepare a lime syrup by boiling two quarts of water with one quart of sugar for twenty minutes, adding the juice and grated rind of four limes; remove from the fire and when thoroughly chilled, add to the rest.

Sassafras Mead

Purchase from the druggist five bunches of sassafras roots, scrape and cover with two quarts of boiling water, adding a pinch each of powdered cinnamon and grated nutmeg; cover closely, and when of the desired strength, strain through cheesecloth, stirring in three pints of New Orleans molasses, a pint and a half of strained white honey and six whole cloves. Place in a granite saucepan and bring slowly to the boiling point, allowing it to simmer for about ten minutes; again strain and add a heaping tablespoon of cream of tartar and seal in air-tight bottles. Serve in tall slender glasses containing two tablespoons of shaved ice and a liberal pinch of bicarbonate of soda; fill quickly with the mead and stir vigorously with a long handled spoon, adding a teaspoon of minced candied orange peel.

Raspberry Vinegar

Put two quarts of fresh, ripe raspberries in a stone or china vessel, and pour on them a quart of vinegar. Let stand twenty-four hours, then strain

through a sieve. Pour the liquid over two quarts of fresh raspberries and let stand again twenty-four hours. Then strain a second time. Allow one pound of loaf sugar to every pint of juice. Break up the sugar and let it melt in the liquor. Put the whole into a stone jar, cover closely and set it in a kettle of boiling water, which must be kept at a quick boil for one hour. Skim, and when cold bottle the vinegar for use. Poured over cracked ice with a little water added, it makes a most refreshing summer beverage.

Hungarian Caffe Cup

Prepare a pint of very strong black coffee, flavoring with a few drops of almond extract; strain and place in the double boiler, combining when just at the boiling point with two well beaten eggs, two tablespoons of sugar and four tablespoons of thick cream; cook only until the custard coats the back of the spoon, and when perfectly cold fold in a cup of sweetened whipped cream. Add a quart of ice cold effervescent water and a pint of shaved ice, serving in tall sherbet glasses.

Cereals

Cereals should be purchased in small quantities and kept in air-tight jars securely covered. In large quantities, it is difficult to prevent infection from insect life. The package directions in nearly every case allow too short a time for proper cooking. Double the time and the results will be more healthful and appetizing. Use a double boiler and mix the finer preparations with a little cold water, then add to the boiling water. This prevents the mixture cooking unevenly in lumps. Allow one teaspoon of salt to each cup of cereal.

Table for cooking cereals

Prepared wheat, 1 cup; water 1½ cups; time 30 minutes.

Prepared oats, 1 cup; water 1½ cups; time 40 minutes.

Rice (steamed), 1 cup; water 3 cups; time 50 minutes.

Indian meal, 1 cup; water 3½ cups; time 3 hours.

Scotch oatmeal, 1 cup; water 4 cups; time 4 hours.

Hominy (fine), 1 cup; water 4 cups; time 3 hours.

Hominy (coarse), 1 cup; water 6 cups; time 6 hours.

Wheat (cracked), 1 cup; water 6 cups; time 6 hours.

Macaroni au Gratin in Cheese Shell

Place the macaroni in a saucepan with a seasoning of salt and plenty of boiling water, boil gently until quite tender, drain and place a layer in a shell of Edam cheese; cover with cream sauce to which has been added a little onion juice; continue alternate layers of macaroni and cream sauce, until the shell is filled, sprinkle with browned bread crumbs and bake thirty minutes.

Breads and Biscuits

Bread

Put four tablespoons of shortening, either butter and lard mixed or one of the good fats on the market, two tablespoons of sugar and one tablespoon of salt into a bread raiser, and pour over it one quart of boiling water. Place one yeast cake in half a cup of lukewarm water and stir with a teaspoon till softened. When the water in the bread pan becomes lukewarm, pour in the yeast and stir thoroughly. Add five cups of sifted bread flour, beating it as it goes in with a wire whisk. When it becomes too thick to move with the whisk, use a slitted wooden spoon and stir thoroughly, so that the flour and wetting may become well mixed. Add flour enough to knead. When it is spongy but not dry, turn it out on a well-floured molding cloth and knead. It is the kneading that gives it the satiny smoothness and the elasticity which are invariable tests of good bread. It ought, even during this process, to begin to show bubbles in its texture. Knead them out, as much as possible. When dough is put back in the pan to rise with bubbles showing here and there, it will be full of holes and poor of taste when baked. After the kneading is finished and the dough feels as smooth as silk, wash the bread raiser and dry it, then rub well inside with butter or lard before putting the dough back again for the second raising. In the morning when well risen, cut it down. By this process I mean cutting the light spongy mass through and through half a dozen times and then turning it over and over to check fermentation for a short time. The cutting takes only a minute or two, and one can feel that if it is not attended to for half an hour, the bread will not sour. It does not hurt it at all if it has to be cut down a second time. When ready to care for it, toss on the floured molding cloth and knead again—slightly this time—till every air bubble disappears, then put it in greased pans, having each one about half full. Cover lightly, set in a warm place and allow it to double its bulk before putting to bake.

This recipe will make four good-sized loaves. The oven, to give satisfactory results, ought to be quite hot when the bread is first put in. If you bake in a gas stove, the best plan is to light both burners seven or eight minutes before the bread goes in. Set it on the bottom shelf, then allow it to rise to double its bulk and begin to brown very slightly. Turn out one burner and finish the baking in a cooler oven. This does away with any fear of burning; it bakes the bread perfectly and gives a much nicer crust than if the oven is very hot all the time. The management of dampers in a coal or wood stove will give the same results. According to the size of your loaves, bread will require from forty-five to sixty minutes to bake well. On taking it from the oven set the loaves on a wire stand or sieve to cool. Never wrap them steaming hot in a towel. Frequently one tastes the cloth in which bread has been wrapped, or the soap with which the cloth was washed. Besides, it shuts the steam up in the loaf, making it damp and clammy, a sure medium for the cultivation of mold. Allow the bread to become perfectly cold before putting it away in the bread box or jar, then keep it closely covered.

The first and most important "must-have" is good yeast. I have come to depend almost wholly and with the most perfect trust on compressed yeast. If your grocer keeps yeast at all, it will be fresh, the manufacturer sees to that, as the stock of each day is renewed and the old yeast cakes are taken away. Still, if you keep it yourself for a few days in a refrigerator it will not spoil. Yeast which is moist, light colored and of "reviving smell," as an old lady I know expressed it, is all right. If it gets dry, brittle, streaky and smells the opposite of "reviving," throw it away; better lose two cents than twenty cents' worth of flour, with fire and labor added. Be very careful of the heat of the water in which yeast is softened. If you have a thermometer, let the water be sixty-five to sixty-eight degrees; if you have to trust to your hand, let it be very surely no more than lukewarm.

Then the flour—it is an invariable rule to use bread flour when yeast is to be added. Bread flour will make tolerable pie or cake, but pastry flour *will not* make good bread. If, as occasionally

occurs, you have flour whose nature you cannot determine, use the following test: take a handful and close the fingers tightly over it. If it remains in a soft velvety lump, even after the fingers are loosened, it is pastry flour. Bread flour will be dry and loose, it will not keep in shape.

According to the time at your disposal, allow sufficient yeast for raising. For instance, if bread is wanted made and baked in four hours, two yeast cakes would have to be allowed to the recipe I have given. There is no danger, should compressed yeast be used, of its tasting in the bread. This is called the quick-raising method. In a temperature of about sixty-eight degrees it will be ready to mold two and a half hours from the time it was set. It will be quite as good bread as that made after the slow-raising method, although I think the latter will keep moist for a longer time.

I have heard many housewives complain of bread souring. Bread sours only because of two reasons—uncleanliness in the making or the utensils, or because it was allowed to stand too long after mixing. When that occurs, the yeast has done its work completely, and the dangerous bacteria get in their work, exactly in the same way as at the point where cider changes to vinegar. I have found, too, that in hot weather milk bread will sour much more quickly than if bread is mixed with water. Then there is the question of dry bread, with a heavy feeling about it, both to the touch and to the palate. Usually this is caused either by too much flour being worked into the dough or by heavy-handed kneading. Bread, like cake, pastry, cookies and biscuit, has a point where just enough flour has been added and where no more ought to go in. This amount it is almost impossible for a recipe maker to determine, because there are so many flours, and the wetting capacities of two are hardly ever alike. It is a case of experience. A practiced hand can tell almost the instant when enough flour has gone into bread by a certain springy feeling. Then tip it out and begin kneading. It may seem moist, but it is not moist enough to stick if you intervene with well-floured fingers between the dough and the cloth. Knead quickly and lightly; a heavy hand which pounds bread instead of molding it will soon

thump all the life out of it, and the bread will have the texture of cheese.

Hot Cross Buns

Beat to a cream one large cup of granulated sugar and one scant cup of butter. Add gradually three eggs beaten well and one pint of scalded milk, blood warm. Add one yeast cake softened in one-half cup of lukewarm water. Put in flour enough to make a batter as stiff as you can beat it. Beat until it blisters well. In the morning knead rapidly, but do not use over one-half cup of flour in the kneading. Dough must be very soft. Rub over top with a little warm butter and let rise. When double in bulk cut into balls like tea biscuit. Rub each bun with a little butter and make a cross on top with a sharp knife. Let rise in pans one and one-half or two hours. Bake one-half hour.

Buttermilk Biscuits

One cup buttermilk or sour milk, one-half teaspoon soda, one-half teaspoon salt, three tablespoons lard and flour. Work the lard into the milk with the hand. Add one cup flour, sifted with soda and salt, more flour to make a dough and knead until smooth and elastic as for light bread. Roll out until one-half inch thick, cut and bake in a hot oven ten or fifteen minutes. The biscuits must be thin, almost cracker-like, and you have the real southern biscuit. It seems best to work in the lard in this way.

Steamed Brown Bread

One and one-quarter cups of Indian meal, one cup of graham meal and three-quarters cup of rye meal; one teaspoon of soda and one-half teaspoon of salt; three-quarters cup of molasses, two cups sour milk or hot water. Mix and sift dry ingredients, and return siftings to the finer part. (This sifting is to make it lighter, not to take out the coarse grains.) Add molasses, then sour milk or hot water, beat well and pour into an oiled tin with tight cover. Place to steam either in a steamer or in a tightly covered kettle partly filled with boiling water. Steam three or four hours, then dry off in the oven.

Johnnycake

Sift one-half cup each of corn meal, flour and sugar, one-half teaspoon of soda, and one-half teaspoon of salt, thoroughly together. Add one and one-fourths cups of sour milk. Use buttermilk if you have it. Beat thoroughly, pour into cake pan and bake in a hot oven.

Date Buns

Roll light bread dough out quite thin, spread it with soft butter, and then with chopped dates. Roll the bread up and cut with a sharp knife into pieces half an inch thick, lay them in a buttered pan, let them rise until double in bulk, and bake in a hot oven.

Oatmeal Bread

Pour one quart of boiling water over two cups of oatmeal and one tablespoon of shortening; when lukewarm add one-half of a compressed yeast cake, softened in two tablespoons of lukewarm water, one cup of molasses, and one teaspoon of salt, thicken with wheat flour until as stiff as can be stirred with a spoon. Let rise over night and in the morning mold into loaves and biscuits.

Breadsticks

Scald a cup of milk and add three tablespoons of sugar with one-half teaspoon of salt. When the right temperature (lukewarm), add a yeast cake softened in a little warm water. Too much water prevents the yeast mixing evenly. Add the stiffly beaten white of an egg and enough flour to knead. Knead well, using the palms of the hands and pushing it from you on the board with a sliding motion. When it is smooth and satiny to the touch, keeps its round shape, and does not stick to the board or hand, it is ready to be placed in a clean oiled bowl. Knead in all the flour that will be needed at this time, if not, the yeast will have no opportunity to raise it sufficiently. On the other hand, use no more than is absolutely necessary. Flours vary and for this reason no definite quanitity can be given. Cover tightly in order that no crust need form. When it is double in bulk, knead again with just enough flour to keep it from sticking. Then roll

with a heavy rolling pin until about a quarter of an inch thick. Cut with a medium-sized biscuit cutter.

To shape the Parker House rolls, spread each biscuit with a very thin layer of butter, then with a caseknife crease through the center, fold over and press the edges closely together. Do not butter the baking tin, and place them far enough apart to prevent their touching, even after they are raised.

Roll the biscuits between the palms until from eight to ten inches long, of uniform size and with well rounded ends. Let them rise; bake and serve these breadsticks with soup or the salad. Brush three sticks lightly with melted butter and braid loosely. Two sticks twisted make another variation. In twisting or braiding allow plenty of room for the dough to rise, otherwise the distinctive shape will be lost. Shape others like a horseshoe, using a plain breadstick, and tie sailors' or true lovers' knots; both of these latter are effective.

"Pocketbooks" need an oblong piece of dough cut with one end pointed. Brush with melted butter and fold in thirds, leaving the pointed end on top. Press firmly together at the point. When baked they should open like a pocketbook in three crisp folds. See Page 8.

Rusks

Scald one cup of milk and add two tablespoons each of butter and sugar, with a half teaspoon of salt. When warm add one-half a yeast cake softened in two tablespoons of warm water. Now stir in enough flour to make a stiff batter, beat it until smooth, cover and let it rise. When risen add two eggs beaten until very light, and flour enough to handle; knead until smooth and let it rise again. Then roll out as the biscuit dough. Make into round biscuits and with a floured dull knife press through the center. When light bake them in a moderate oven. If the twice baked rusk is liked, mold into long, oblong rolls, and when baked, cut in inch slices, and dry in the oven to a golden brown. See Page 9.

Waffles and Griddlecakes

Waffles

Mix one pint of flour, three-fourths pint clabber (if you use buttermilk, a pint), one teaspoon salt, one tablespoon melted lard, and beat till perfectly smooth—beat hard and long, for success will depend on it. Just before you put in the irons add one level teaspoon of soda dissolved in a teaspoon of hot water. Heat the waffle iron, turn and heat on the other side, then oil thoroughly. Put a tablespoon of batter in each compartment; then cover and it will soon fill the iron. Turn at once. With a new iron oil carefully or waffles will stick.

Pumpkin Waffles

Take one cup of mashed and seasoned pumpkin, carefully drained, and add one well beaten egg, one cup of warm cream, half a yeast cake dissolved in half a cup of lukewarm water, one tablespoon of melted butter and four cups of sifted flour; thin to a rather thick batter with sweet milk; allow it to rise until light and then beat down, adding a pinch of powdered mace and ground ginger; again let it rise for twenty minutes and bake in heated waffle irons to a golden brown; dip the waffles while hot in melted butter and roll in equal parts of cinnamon and pulverized sugar.

Rye Pancakes

One pint of sour milk, one egg, three cups of rye meal, one cup of Indian meal, one-half cup of molasses, one small teaspoon of soda, small teaspoon of salt. Mix well and fry in smoking hot fat; dip the spoon first in the hot fat, then take up a piece of the dough a little larger than an English walnut, using the tip of the spoon. Shape it a little as you take it up, then drop it quickly into the fat. These require longer cooking than doughnuts. Roll, while still hot, in sugar and serve with coffee. Or serve them plain with maple syrup.

Eggs

Fried Eggs

Separate the yolks from the whites and put very little lard in the pan. Break the yolks and spread them all over the pan after it is hot. Season to taste and, beginning at one edge, roll the yolks into a cylindrical shape and allow it to cook a few minutes. Now turn the whites into the skillet without any more lard, even though the skillet appears to be dry, spread the whites over the bottom of pan, season quickly and roll as before; let this cook in the roll. It will not burn as there is plenty of water in an egg to prevent it. The result of this method is a light, fluffy morsel.

Plain Omelet

Crack into a bowl six fresh eggs, season delicately with salt and white pepper and beat until well mixed. Drop a tablespoon of butter into a heated omelet pan, and as soon as the butter is hot pour in the eggs and with a spatula stir all well together for three minutes. Let cook undisturbed for a moment, then fold the side next the pan handle to the center, fold the opposite side in the same manner and slip carefully to a hot dish. Serve immediately.

Eggs au Gratin

Mix together three raw egg yolks, a quarter of a cup of soft, fresh bread crumbs, two tablespoons of softened butter, one tablespoon of chopped chives, three chopped sardines, two sprigs of parsley chopped, and a light dusting of salt and pepper. Spread this mixture in the bottom of a baking dish and place in a slow oven until set; then break over it six eggs, dust them with salt and pepper and bake until done.

Eggs Vermicelli

Separate the whites and yolks of four hard cooked eggs. Chop the whites and rub the yolks through a sieve. Melt a tablespoon of butter; when bubbling, add a tablespoon of flour, gradually a cup of milk, stirring well, and salt and pepper to season. Add the whites to this

sauce, spread thickly on rounds of fresh buttered toast and sprinkle the sifted yolks thickly over all.

Egg Timbales

Break open four eggs into a bowl, add half a teaspoon of salt, a saltspoon of pepper, and, if liked, a few drops of onion juice. Beat only until thoroughly blended, then add gradually a cup of rich new milk. Divide equally among six well buttered timbale molds (common cups will serve the purpose). Stand them in a pan half filled with hot water and bake in a moderate oven about twenty minutes, or until firm to the touch. Turn out carefully on a heated platter and pour bread sauce around.

Spanish Eggs

Cut six circles of bread from a stale loaf and fry to a brown crispness in hot butter. Fry six eggs in hot olive oil, allowing one egg for each circle of bread; when the eggs are done trim the edges (a biscuit cutter is the most satisfactory implement to use when desirous of a shapely result) and lay one on each bread round, pour over a pint of Spanish sauce and serve piping hot.

Eggs and Cheese

Cut out rounds of bread an inch thick, remove a small piece in the center of each, dip in melted butter and fill the cavity with finely chopped cheese and celery. Bake fifteen minutes in a hot oven and place a poached egg in the center of each slice. Serve with toasted crackers and sliced lemon.

Luncheon Eggs with Spinach

Cook six eggs very hard; cool and cut in halves lengthwise. Take two cups of cold spinach, heat it in a few tablespoons of water, drain and rub through a colander or chop very fine. Mix with pepper, salt and butter, place it in the bottom of an earthen dish, lay the halves of eggs about on the spinach and pour over them a cream sauce, made from one cup of milk thickened and seasoned with salt, paprika and about four tablespoons of mild grated cheese. Cover with crumbs and set in the oven. Serve when slightly browned.

Soups with Stock

Beef Stock

Remove the dried skin and fat from three pounds of lean meat from the shin or shoulder. Crack three pounds of bone. Cut the meat in small cubes and place in an earthen jar or stock kettle, together with the cracked bones. Cover with four quarts of cold water and let stand for two hours. Then cook eight hours in a slow oven. Strain through a colander, add two teaspoons of salt and cool quickly. When cold remove the fat. Wipe the top of the jellied stock with a cheesecloth wrung out of hot water. This will remove the last traces of fat. To clarify add the slightly beaten white and shell of an egg to every two quarts of stock. Mix well, heat slowly and let boil ten minutes, set on back of stove for half an hour. Skim and strain. Season when boiling to clear with two tablespoons of chopped turnip and carrot, one teaspoon of onion and parsley, one inch of stick cinnamon and a grating of nutmeg.

Consomme

Use three pounds each of lean beef and knuckle of veal. Prepare as for beef stock. Add four quarts of water, two teaspoons of salt, one onion, one small carrot, one small turnip, a blade of mace, an inch of stick cinnamon, a sprig of thyme, sweet marjoram and summer savory and one bay leaf. Cover closely and cook twelve hours in a slow oven. Strain, cool and clear as for beef stock.

Turkey Gumbo

Brown one-half cup of chopped onions in one tablespoon of butter. Add two quarts of hot water, one cup of chopped celery and the carcass of a turkey broken in pieces. Bring to the boiling point, cover, and simmer gently for two hours. Strain the soup through a colander and add one cup of canned okra cut in small pieces, one pint of oysters with their liquor, three level teaspoons of salt and one-half teaspoon of pepper. Replace on the fire and cook until the gills of the oysters curl, then serve at once.

Bean Porridge

Boil two pounds of shin bone in two quarts of water the day before you wish to make the porridge. When cold remove the bones and most of the fat. Soak one cup of dried "horticultural" beans over night and in the morning add to the soup stock with salt and one quart of hulled corn. Cook for four hours, boiling slowly. Half an hour before serving thicken with a half cup of Indian meal wet in cold water. Let it boil sufficiently to cook the meal thoroughly before serving.

Tomato and Rice Soup

Prepare a savory stock from the bones and unsightly pieces of lamb and a fagot of herbs, first browning the meat in butter. Strain, season with salt and pepper, add three-quarters of a cup of rice and boil until the grains are tender but not broken. Heat a quart of sliced tomatoes to the boiling point and pass through a sieve to separate the seeds. Add to the tomato pulp the soup (of which there should be three pints), strained from the rice, and return to the fire to heat again, then add the rice, any additional seasoning of salt and pepper required, a cube of sugar and four tablespoons of finely-chopped blanched celery leaves.

Onion Soup Thickened

Cut up two medium onions, mince them finely, and fry them colorless in butter, adding two dessertspoons of flour. Cook it a few moments with the onions, then dilute with two quarts of broth. Season with pepper and a little salt, boil for ten minutes, and just when ready to serve, thicken the soup with raw egg yolks diluted in cream, and add a little fine butter. Pour the soup over round, thin slices of bread about one inch and a quarter in diameter, dried in the oven.

Soups Without Stock

Potato Soup

Boil and mash six potatoes, season with one-fourth pound of butter, pepper and salt, and a dash of nutmeg. Add one quart of hot milk slowly, stir well and let it boil up, then strain through a sieve into the tureen. Rub the tureen with a tiny segment of garlic, or onion, if preferred, and beat an egg in it before turning in the soup. Serve with toast squares.

Black Bean Soup

Soak a pint of beans in cold water over night, next morning cover them with fresh water, bring to the boiling point, drain and throw away the second water; now place the beans in a granite soup kettle, add two quarts of cold water and simmer gently for one hour. Have ready a white onion stuck with eight whole cloves, two bay leaves, half a teaspoon of powdered cinnamon, a saltspoon of white pepper, a teaspoon of salt, and a stalk of minced celery; stir these into the boiling soup, cook for another hour, then press through a colander, add a tablespoon of butter and return to the fire, diluting with a little hot water if too thick; put into the soup tureen which is to be used at table, two hard boiled eggs cut in dice, a teaspoon of Worcestershire sauce, a little grated lemon peel and a dusting of nutmeg; pour in the bean puree and serve with browned croutons.

Mushroom Soup (for eight people)

To one pint of cream add one pint of milk and let it come to a boil; thicken with two tablespoons of butter and two of flour which have been stirred until smooth; season with pepper and salt. Just before serving add one dozen fresh mushrooms which have been chopped, not too fine, or canned ones may be substituted. A pint will be sufficient.

Clam Soup

Boil one quart of clams in the shell, or one pint of opened clams. Strain the clam water. Heat one pint of milk, thicken with two tablespoons of cracker

crumbs, flour or cornstarch. Add to thickened milk, with clam water to season, pepper and butter.

Almond and Celery Soup

Cut in small pieces a bunch of celery, using the leaves and root after it is carefully scraped, add six peppercorns, two bay leaves, a tablespoon of onion juice, a thin slice of lemon, a teaspoon of salt, and a stick of cinnamon; cover with a quart of water and cook one hour, strain and again reheat, stirring in a cup of cream, a teaspoon each of flour and butter blended together and one-quarter of a cup of blanched almonds that have been pounded to a paste, allowing it to boil for a moment or two after the nuts are added. Serve very hot with cheese crackers.

Bean and Celery Soup

Soak one pint of navy beans for twenty-four hours, then simmer on the back of the coal range over night. Take two stalks of celery, cut it fine, cook it half an hour with the beans, then press celery and beans through a colander. Heat one quart of beef stock, add the puree and cook together for fifteen minutes, stirring constantly.

Cream Puree of Chestnuts

Roast one quart of chestnuts and then shell them, putting them in a granite sancepan and adding one quart of white stock, half a teaspoon of celery salt, a saltspoon of white pepper, one sliced Bermuda onion and two stalks of chopped celery. Simmer until the chestnuts are very tender; press first through a colander and then through a sieve. Return the puree thus obtained to the kettle and stir in a pint of cream and one tablespoon of butter; allow it just to reach the boiling point, seasoning with a teaspoon of salt and a tablespoon of mushroom catsup. Serve immediately with croutons.

Flemish Soup

Wash and slice five green onions, a head of celery and six large potatoes, cover with two quarts of water and simmer until tender. Rub through a sieve, return to the fire, add a tablespoon of flour mixed smooth in a cup of cream;

when it boils, add salt, pepper, a teaspoon of chopped parsley, and pour over four hard cooked eggs cut in slices.

Spring Soup

Boil one cup of peas, one cup of asparagus tips and half a cup of carrots cut in small dice, in separate waters until tender; drain, and set aside to add to the soup. Put all together the liquor in which the vegetables were cooked, add enough boiling water to make a quart, and in this cook for fifteen minutes two stalks of celery, two green onions and a small sprig of parsley, strain, return to the fire, add one pint of scalded milk, a teaspoon of salt, and draw the saucepan to the back of the stove. Beat the yolks of two eggs, add half a pint of cream, dilute with a little of the hot soup, and stir into the rest of the soup. Do not allow to boil after adding the eggs or it will curdle. Add the prepared vegetables, and a teaspoon of finely minced chervil. Serve at once.

Cream of Cheese

Put one quart of milk, one blade of mace, a tablespoon of grated onion and a bit of red pepper pod into a kettle. Let come to a boil. Cream two tablespoons of flour with two of butter, add a cup of cold milk and stir slowly into the milk in the boiler. When it boils, strain, add half a cup of grated cheese and stir until it is melted. Add a teaspoon of salt and pour over the beaten yolks of two eggs, stirring all the time. Whip until frothy and serve with wafers or bread sticks.

Strawberry Soup

Hull and rinse a quart of berries. Lay aside a cup of the most perfect ones. Cover the remaining ones with a cup of cold water, cook until soft, then strain through a cheesecloth. Measure the juice, add water if needed to make two cups and reheat. When boiling well add a level tablespoon of arrowroot or cornstarch moistened with cold water to pour, the grated rind of half an orange and half a cup of sugar. Cook ten minutes, or until clear, take from the fire, add the juice of an orange, the juice of half a lemon and more sugar if needed. It should not be too sweet. Strain through a cheesecloth and chill

on ice. Serve in punch glasses, adding a spoonful of cracked ice and a few berries to each portion, as a first course at luncheon or tea with sweet wafers or macaroons.

Fruit Soup

Put a quart of water in a saucepan, add six whole cloves, two sticks of cinnamon, the yellow peel of a lemon and four bitter almonds. Let this steep for one hour, then boil gently ten minutes. Strain into half a cup of sago, add another quart of water and simmer until clear, add two tablespoons of sugar, one teaspoon of salt and a pint of fruit juice —cherry, strawberry, currant or blackberry. Serve at once.

Dried Fruit Soup

Cook one-half cup of dried apples and one-fourth cup each of prunes, raisins and currants with a small stick of cinnamon, in eight cups of water, replacing if it boils away. Boil gently until the fruit is tender. If liked, leave the fruit whole or pass through a colander. Add two tablespoons of vinegar. Sweeten to taste and thicken with two tablespoons of sago or oatmeal.

Chocolate Soup

Break six oblongs of chocolate in small pieces, cover with a quart of water and place on the back of the stove to melt, stirring frequently. Heat one quart of milk, add a small stick of cinnamon and one cup of sugar. When the chocolate is melted and boiling add to the milk, and strain over the yolks of two eggs, diluted with half a cup of cream. Whip half a cup of cream and stir into the soup just before serving. This is an excellent luncheon soup; serve with imperial bread sticks. These are made by cutting the slices of bread into thin strips, spreading with butter, then sifting sugar over them and placing in a cool oven to become crisp and glazed. Serve cold.

Fish

In selecting fish the purchaser should see that the skin and scales are bright, the eyes full and clear and the flesh firm. Beware of fish that is unusually cheap; it has probably been kept in cold storage and is far from fresh. Canned fish should be used with discretion, always removing it immediately on opening the tin and letting it stand for an hour or more before using, to absorb oxygen.

It is economy to buy a whole cod or haddock weighing three or four pounds, as the whole fish is much cheaper than when sliced and all of it can be utilized.

Try this method of preparing a cod or haddock. Clean and wipe the fish, cut off the head, cut the flesh from the backbone in two long strips. Put the head and bones over the fire in cold water and cook for one hour, to make a fish stock, as there is much gelatine in the head, and some flesh clings to the bones. Strain this stock and reserve it as a basis for a fish chowder, adding potatoes, milk, onion, salt pork and crackers according to any good chowder recipe. The fillets of fish freed from the bones may be used for baking.

Among the most delicate fish for broiling are lake or salmon trout and whitefish, which are fresh water fish from the great lakes and are in season during the winter. Broiling seems to be a simple process, yet it requires care and attention to prepare the fish without burning it. Everything should be made ready for serving before starting to broil the fish, which must be watched, turned and timed. With a bright hot fire which broiling requires, a fish one-inch thick will cook in twelve to fifteen minutes, more time being needed for a thick fish like salmon, bluefish or shad. Use a double wire broiler well greased with salt pork to keep the fish from breaking and sticking. Lay the fish over the fire, flesh side down, and broil it till it is a golden brown, lifting occasionally if necessary. Cook it from eight to twelve minutes, then turn onto the skin side and broil it four or five minutes. Remove to a hot platter, rub the fish with soft butter, garnish with parsley and quarters of lemon and serve. Halibut, cod, salmon

steaks, bluefish, mackerel, butterfish, sea trout and shad are good fish for broiling. If cut very thick the cooking may be completed in the oven.

There are two methods of frying, one is to immerse the fish in "boiling oil" and the other to fry it in a pan with salt pork scraps; the latter is the more "tasty" the former more rapid and less likely to absorb fat if the fish is drained on brown paper. Small fish like trout, smelts, perch and pickerel are dipped whole in flour, Indian meal or egg and crumbs, and fried crisp. Cod, halibut, haddock, flounders, sole, etc, are cut in slices or fillets dipped and fried either way.

In boiling or steaming fish much is lost or wasted by absorption into the boiling water, or by evaporation. Boiling is far from an economical process, but is often convenient. A thick, solid piece of fish is required, salmon, cod, halibut and red snapper being best to boil.

Molded Fish

Butter an oval mold, lay in it a strip of boned fish, then a layer of bread crumbs seasoned with melted butter, onion juice, chopped parsley and lemon juice, pepper, salt and curry, if liked. Add more fish and crumbs till the mold is full. Moisten with one-half cup of milk or water and the whole or white of one egg, to bind the mixture together. Sprinkle buttered crumbs on top, bake for one-half hour, unmold on a platter and serve with Spanish sauce. Oysters dipped in buttered crumbs may be substituted for the seasoned crumbs, and a Hollandaise sauce used.

Baked Fillets

Each large fillet is cut into three or four small ones and dipped in flour, to which has been added a little salt and pepper. On a rest in the meat pan are placed strips of fat salt pork and sliced onion and on these are placed the fillets. On each one place a bit of butter and a slice of onion, cover and bake in a moderate oven until thoroughly cooked. (The unpardonable sin, by the way, is to serve fish in a translucent, underdone condition.) Remove the fillets carefully, rejecting the pork and onion, and serve with parsley sauce, a white sauce with chopped parsley added. Garnish with sliced hard-cooked eggs and parsley.

Baked Stuffed Fish

Prepare a stuffing with one-half cup of bread crumbs, one-fourth cup of melted butter, one-half cup of cracker crumbs, a few drops of onion juice, one-fourth teaspoon of salt, one-eighth teaspoon of pepper, one tablespoon of chopped parsley, two tablespoons of chopped pickles. Bind together with hot water. Lay one-half a boned fish on a tin sheet in a baking pan, add the stuffing in a layer, then the second strip of fish and bake for one-half hour. Serve with egg sauce.

Halibut with Lemon Sauce

Put into a saucepan containing a pint of water, one small onion minced, a teaspoon of butter, two pods of red pepper, a teaspoon of salt and one and one-half pounds of halibut cut into slices. When cooked remove fish and thicken the liquid with a tablespoon of flour or cornstarch. Break into a separate dish six eggs into which has been stirred the juice of six lemons. Add slowly, to prevent curdling, the liquor from the fish. Cook in a double boiler, stirring all the time. When thick as custard, remove from the fire and place fish in a deep platter, pouring sauce over all. Serve cold, garnished with parsley.

Haddock a la Creole

Place a filleted haddock on the rack in the meat pan. Make a thin tomato sauce of one quart of strained tomatoes, two slices of onion, two or three cloves, one-quarter cup each of flour and butter; season well with salt and pepper and pour half of it over the fish. Cook an hour in a moderate oven, basting it three or four times. When done, remove to the serving dish and pour over it the remaining tomato sauce.

Fish a la Lee

Split and bone a bluefish and place on a well-buttered sheet. Cream one-quarter cup butter, add two egg yolks and stir until well blended, then add two tablespoons each of onion, capers, pickles and parsley, finely chopped, three tablespoons lemon juice, one-half teaspoon salt, and one-quarter teaspoon pepper. Sprinkle fish with salt, spread with mixture and bake in a hot oven.

Shaker Fish and Egg

Pare six medium-sized potatoes and boil till soft with one-half pound salt fish that has been soaked twelve hours or over night. Drain off the water. Cut the potatoes into slices and pick the fish into small pieces. Add one cup of thin cream and a piece of butter the size of an egg, and let simmer. Season with salt to taste. Slice six hard-boiled eggs on top of the fish and potato and over all pour some hot cream before serving.

Salt Cod with Tomatoes

From the center of a thick salt cod take a piece weighing about a pound, wash and soak for eighteen hours in cold water, changing the water twice. Cover with fresh cold water, heat slowly and keep at a temperature just below the simmering point for two hours and a half. Put a tablespoon of butter which has been rolled in flour, in a frying pan, add two tablespoons of chopped onion, and cook slowly until the onion is a pale yellow color. Add two cups of strained canned tomatoes, simmer for ten minutes, add the drained fish and place on the back of the range for thirty minutes. Dust lightly with pepper when it is ready for the table.

Salmon Loaf

Chop one can of fresh salmon, rejecting the skin, bones and oil. Cream four tablespoons of butter; beat four eggs, add one and one-half cups of bread crumbs, season and beat well, then add the butter and fish. Beat all together and steam one hour in a buttered mold.

Finnan Haddie on Toast

Wash two ounces of rice and cook in a double boiler with one pint of boiling water and one teaspoon of salt. When the water is absorbed add two tablespoons of butter and a little milk. Season with salt, pepper and cayenne and add a cooked finnan haddie which has been flaked. When thoroughly heated serve on toast.

Fried Sardines with Hot Mayonnaise

Free the sardines from oil and skins with boiling water. Dip in batter and fry in deep fat. For the mayonnaise, combine one tablespoon each of butter

and flour with one-half cup of hot milk and a quarter teaspoon of salt. Add to this one-half tablespoon each of chopped capers, olives, pickles and parsley, one teaspoon lemon juice and quarter cup mayonnaise. Heat this, but do not let it reach the boiling point.

Rich Curry of Fish

Fry one tablespoon of chopped onion in one tablespoon of butter until brown, add one small teaspoon of curry powder, one cup of white stock, one-half cup of rich milk or thin cream, one tablespoon each of flour and butter, rubbed smooth, pepper and salt to taste. When smooth add one pound of cold flaked fish. Simmer three minutes and serve.

Escalloped Fish

Flake cold boiled fish with a silver fork. Butter a baking dish and fill it with alternate layers of fish, crumbs and sauce. Season with salt and pepper and bake till light brown. Cook scallops in the same way, using the juice with milk, to make a white sauce, and seasoning with mustard and paprika.

Creamed Fish

Flake cold boiled fish. Blend one tablespoon each of flour and butter, add one cup of hot milk. When cooked smooth, add fish, season with salt, pepper and lemon juice and serve at once.

Oysters in Shell

Select fine, fat oysters in the shell. Wash the shells carefully, open; put on each oyster on the half shell a small bit of butter, a grating of leeks, some very finely grated parsley and a sprinkle of dry cracker crumbs; a suspicion of salt and pepper. In opening see that none of the liquor of the oyster is lost, as it is needed for moisture. Make the covering very thin and bake in the shell on a flat pan in the oven for ten minutes, or until the shell takes a slight tinge of brown. Serve very hot with breadsticks.

Boston Oysters

Fill hot water pan with the strained liquor from one quart of oysters. When just boiling season with salt, pepper and butter, and when plump and curled at the edges, dip out and serve on well-browned squares of toasted graham bread.

Meats

The beef creature is divided down the middle of the backbone into sides or halves, which are shipped to all sections of the country. The next cut is purely local and divides into fore and hindquarters, leaving as many ribs on the forequarter as the butcher desires. A common practice, at least in the east, is to leave ten ribs on the forequarter.

The shoulder blade begins on the fifth rib and the five ribs from the neck to the shoulder blade are called chuck; the next five, whether on hind or forequarter, are the prime ribs, and the eleventh is what is often called the tip of the sirloin, from its position, when hung up. One reason this is prized so highly is that in hanging, there is a constant tendency to force the meat juices toward this portion, making the roast juicy as well as tender.

The neck piece will furnish stews or Hamburg steak for the least expenditure. It is often used for mincemeat. From the chuck ribs, small steaks and roasts of good flavor may be obtained, while for a pot roast, choose a portion from the back of the forequarter. It will include some of the vertebræ, which will help to swell the stock kettle.

The cut sometimes called sticking piece, whose name is suggestive of its position on the under side of the neck, is very satisfactory braised or cooked in hot water with herbs and spices, and served with a tomato sauce.

Another cut called rattle rand, contains the thin, flat ends of the chuck and prime ribs, and joins the sticking piece. It is no misnomer, especially at the thin end where the rattle is plain. This is oftenest used for corning.

The hindquarter cuts are much more familiar. Here are found the most of the roasts and steaks and the economical cuts depend to some measure on local demand. An unsalable portion, in one section of the country, may be cheap, while in another it is better known, and therefore somewhat higher in price.

From the ribs toward the hips, the muscles covering the backbone are called loin. The one on the outside is the sir-

loin, knighted by one of England's kings. The inner muscle, dry but tender, is known as tenderloin. The tenderloin is often roasted as a fillet, larded with salt pork to supply the fat it lacks. Next come the muscles just over the hip bones called rump. If cut correctly this is tender, but is boneless and lacks the indescribable flavor the bone imparts to meat. Between the rump and the round is a wedgeshaped piece called the aitch bone. This is sometimes inexpensive, and makes an excellent roast. The price usually varies, being higher in direct ratio to the number of pounds. If the butcher will cut eight pounds, it is decidedly an economical choice.

The round is divided into upper, lower and vein cuts. The upper takes its name from the position on the butcher's block, and is the choicest; the lower is good for braising or any casserole use, while the vein is the muscle on the front part of the leg. The first three slices make very good steak, or the whole makes an economical roast. See Pages 12 and 13.

The longer meat is hung, the tenderer becomes the fiber, but if allowed to ripen too long the meat is unhealthful. The craving for "gamey" meat is usually an acquired one and leads to digestive disorders. If beef is clear in color, firm yet springy to the touch, well marbled or streaked with fat of a clear yellowish tinge and with a thick rim of fat on the outside, the meat will be satisfactory.

Meat should be removed from the paper as soon as it comes from the market, as the paper absorbs the juices. Wipe with a damp cheesecloth or bit of linen but never place fresh meat or poultry in water to soak even for five minutes, as cold water extracts the juices.

In roasting meats allow fifteen minutes to heat the piece through and ten minutes for each pound if liked rare, or if wanted well done, twelve minutes additional for each pound. For poultry, game and pork, allow fifteen minutes for each pound.

Roast Fillet of Beef

Wipe with a damp cloth, fold the thin end under, trim and skewer into shape. Lard the upper side, sprinkle with salt and pepper and dredge with flour. Put some small pieces of salt pork into a pan; when it is hot add the meat, and bake about thirty minutes in a hot oven,

brush it over with melted butter, dredge with flour and salt and roast in a hot oven, basting occasionally, for half or three-quarters of an hour. To this may be added bits of cold steak or corned beef, chopped fine, but if cooked meat is used, add the yolk of an egg to bind it together. Make a rich brown gravy to serve with it.

Oven Stew

Buy two or three pounds of the shin of beef (from the *small* end). Have the bone broken into three or four pieces. After wiping it with a damp cloth, remove all the meat from the bone and cut into small pieces for serving. Scrape the marrow from the bone and place in a kettle and in it, brown first the meat, then the vegetables cut in cubes,—half an onion and one carrot. Now dredge well with flour and salt, adding about a tablespoon of browned flour to give color. Add one or two whole cloves, one-half cup of tomato or a little tomato catsup, then the pieces of bone. Cook in the oven in a deep iron meat-pan for three or four hours, adding potatoes, cut in cubes, one hour before serving.

Spanish Steak

Season with salt, pepper and butter, three pounds of round steak, cut two and one-half inches thick. Place in the oven in a pan with a little water, and cook thirty minutes, then cover with a layer of sliced raw onions. Cook three-quarters of an hour, then add a layer of sliced tomatoes, cook until tender, sprinkle with grated cheese and when browned serve with a gravy made from the liquor in the pan.

Spiced Beef

Cover five pounds of fresh beef with cold water. Heat very gradually. When simmering, season with salt, pepper, a few blades of mace, two dozen cloves and the same of allspice. Simmer gently until the meat is in shreds, adding more water if necessary. When done remove the spice and turn into a plain mold. Turn out on a platter and serve with slices of hard cooked egg, lemon and parsley.

Meat Ball Stew

Season a pound of hamburg steak to taste and roll into tiny balls about the size of a walnut. Boil slowly an hour, and then add a third of a cup of rice. The meat balls keep their shape, and make a delicious stew.

Lamb Cutlets

Broil lamb chops slightly and lay in a large baking dish. Now fry together in one ounce of butter two small onions chopped fine, one green pepper, two tomatoes and six large fresh mushrooms, add a cup of broth and season with salt and pepper, a teaspoon of curry powder and thicken with a tablespoon of flour. Pour over the chops, garnish the edges with boiled new potatoes and bake twenty minutes. Serve with boiled rice.

Rice with Lamb or Mutton

Line a buttered baking dish with a wall of rice about an inch in thickness. Fill the center with cold roast or boiled mutton, chopped small and freed from bone and gristle. Season to taste with salt and white pepper; add a little onion juice and moisten with gravy. Cover with a layer of the rice and bake, covered, in a moderate oven for half an hour. Then remove the cover, spread lightly with soft butter, and leave in the oven until delicately browned. Chicken or veal may be used in this way. Serve with cream or tomato sauce.

Mutton Cutlets a la Maintenon

Wipe six Frenched chops cut one and one-half inches thick. Split the meat on them in halves, cutting clear to the bone. Cook together till delicately browned one tablespoon of onion and one and a half tablespoons of butter; remove the onion, add half a cup of chopped mushrooms, and cook five minutes; then add two tablespoons of flour, three tablespoons of brown stock, one teaspoon of chopped parsley, and seasoning of salt and cayenne. Spread this mixture between the chops, press them lightly together, wrap in buttered paper cases and broil over a clear fire, moving constantly, for ten minutes. Serve with espagnole sauce.

Veal Birds

Cut two pounds of thin veal steak into small squares, rejecting all bone. Season lightly with pepper and salt. Have ready a dressing of cracker crumbs, moistened with cream and well seasoned. Place a tablespoon of the dressing in the center of each square, roll the meat and skewer in shape with a toothpick. Fry a golden brown or bake in the oven.

Roast Turkey

Insist on having the bird with the feet on, be it chicken or turkey, as the tendons may then be easily removed. Make a cut through the skin at the bend of the knee joint until the tendons are exposed; insert a trussing skewer under each and pull gently with a slight twist. Cut off the feet, clean and use for soup. Pick clean of pin feathers; even if the bird has been already drawn it is safe to look for lungs and windpipe. The former are found on either side of the backbone imbedded between the ribs. Remove every trace. Make a cut at one side under the wing to remove crop and windpipe as the appearance of the roasted fowl will not then be marred.

Singe over two tablespoons of alcohol lighted in a shallow tin plate. Scrub the bird inside and out with cheesecloth dipped in warm water. Fold back the neck skin and with a sharp vegetable knife sever the neck close to the body. Cook with heart and liver for gravy. Stuff with any desired dressing, using only enough in the breast to plump it well. Fold the neck skin back, bend the wings over this and fasten with skewers. When the chicken is stuffed truss the drumsticks closely and fasten securely with skewers. Remember the fewer projecting corners the more juicy and uniformly cooked will be the roasted bird. Follow the time table for cooking meats as given on Page 90.

Turkey a la Savoy

Select small pieces of cold turkey, preferably the breast; cover them with olive oil and lemon juice and place in the ice box until needed. Prepare a rich sauce, by heating in the double boiler, half a pint of cream; and when near the boiling point, season with the juice of one onion, salt, pepper and a

little powdered mace. Arrange around the sides of a deep baking dish diamonds of fried bread, and fill with alternate layers of the turkey that has been carefully drained, and the cream sauce. Sprinkle the top with a little grated cheese and brown in a quick oven. Serve in the baking dish, garnished with fried parsley.

Turkey with Tomato Sauce

Mince cold turkey and prepare the sauce by stewing half a can of tomatoes, to which has been added a bay leaf, a teaspoon of sugar, a saltspoon of salt and a pinch of curry powder, for half an hour; strain and add a teaspoon of meat extract, a tablespoon of butter and a tablespoon of grated bread crumbs. Return to the fire, and stir in the turkey and a dozen button mushrooms, that have been cut in two. When thoroughly heated, fill individual paper cases, cover the tops with browned bread crumbs, and serve immediately.

Turkey Dumplings

This is an old-fashioned New England dish, much esteemed by our Puritan forefathers. Make a rich shortcake dough, rolling it out on the bread board, and cut into circular pieces, about four inches in diameter; spread each piece generously with butter, and place in the center of each a tablespoon of turkey prepared as follows: chop a cup of cold turkey, not too fine; add a tablespoon of the dressing, and a stalk of minced celery, and mix well, moistening with a little giblet gravy. Fold the paste over, lapping the edges; and form into balls with the hands; arrange in a deep baking dish, and bake twenty minutes in a quick oven. Serve the dumplings with a bechamel sauce.

Souffle a la Reine

In a double boiler, cook one tablespoon of butter with one teaspoon of flour and add slowly, stirring constantly, one cup of scalded milk; season with one-half teaspoon of salt, a little cayenne, one teaspoon of onion juice and a quarter of a teaspoon of celery salt. Remove from the fire when the sauce is slightly thickened and add one tablespoon of chopped parsley, the well beaten yolks of three eggs, one-half cup each of cold turkey and boiled ham

minced fine. If preferred, one cup of minced turkey may be used in place of the combination. Stir the mixture over the fire for a moment, then set it aside to cool. When ready to bake the souffle, beat the whites of the three eggs very stiff, fold them lightly into the turkey mixture, and fill this into buttered ramekins, making them three-quarters full. Bake in a very quick oven for about fifteen minutes, and serve immediately to prevent falling. If a baking dish is used instead of ramekins, bake a little longer.

Ducks Braised

Draw and singe a pair of ducks, wipe them inside and out with a damp cheesecloth. Line a small pan with thin slices of bacon, sprinkle the bottom with minced parsley, thyme, grated lemon peel and a little finely chopped onion. Lay the ducks in, cover with a sliced carrot, three or four whole cloves, a tablespoon of currant jelly and a cup of stock. Set over the fire and let simmer one hour, basting frequently. Slice one large turnip, fry it in hot butter, turn into the saucepan, take up the ducks and set to keep warm; let the turnip cook for ten minutes; take the slices up, arrange on the dish around the ducks, strain the gravy, thicken it with a little browned flour, pour over, and serve the ducks very hot with currant jelly and lemon sliced.

Spring Chicken

Split the chickens down the back as for broiling, lay them breast down in a baking pan, filling the depression inside the ribs with equal quantities of finely minced onion, carrot, celery and peas; season with salt and a dash of paprika, adding a generous lump of butter for each bird. Pour into the baking pan half a cup of hot water, to which has been added two tablespoons of mushroom catsup and cook in a hot oven for half an hour or until the vegetables are tender, basting frequently. Remove the vegetables and turn the chickens to brown the breasts slightly. Serve them covered with a sauce made from the same vegetables moistened with a very little hot cream. Garnish with tiny squares of fried hominy and sweet potato croquettes.

Shaker Fricasseed Chicken

Cut up the chicken as for an ordinary fricassee, put in a kettle with a perforated stand at the bottom to prevent burning, use water enough to steam and cook one hour, then add salt. When the meat is perfectly tender put it in the oven and brown thoroughly, then add rich cream to the gravy, thickening it with a little flour and butter, and seasoning to taste. Serve in deep dishes.

Ham

Twenty-four hours before a ham is to be used scrub it thoroughly with a vegetable brush and cold, weak borax water. Then put into cold water and soak for twenty-four hours. If it is to be baked, it requires first about four hours' boiling. Use a big kettle, as the ham must be completely covered with water. Let it come to the boil very slowly. Remove the scum which rises. When it begins to boil add twelve whole cloves, twelve peppercorns, the outside stalks of one bunch of celery, two chopped onions, two cloves of garlic, one chopped carrot and turnip, two bay leaves, two blades of mace, twelve allspice berries and one quart of cider or a cup of vinegar. Never allow the ham to boil, merely to simmer slowly, that is one secret of making it tender. Allow about twenty-five minutes or half an hour to the pound. If the ham is to be used cold you can add to its tender juiciness by allowing it to stand in the pot liquor till nearly cold. Then lift it out, peel off the skin and roll it in dried bread crumbs with which three tablespoons of brown sugar have been sifted. Set it in the oven till the crumbs form a crisp brown crust. If the ham is to be baked, take it from the water, drain thoroughly, then take off the skin except around the shank, where it may be cut in vandykes with a sharp pointed knife. Cover with crumbs and stick it full of cloves, then set in a moderate oven to bake for two hours. If you prefer the ham glazed, allow it to cool as for boiled ham, then skin, wipe dry and brush all over with beaten egg. Mix one cup of sifted cracker crumbs, a dash of salt and pepper, two tablespoons of melted butter and cream enough to make the crumbs into a paste. Spread it evenly over the ham, set in a moderate oven and bake till brown, then serve

hot with a brown sauce flavored with half a glass of sherry or champagne, if liked. When a baked or boiled ham goes to the table wrap about the unsightly bone a ruffle of white tissue paper, garnish with hard boiled eggs cut in quarters.

Potted Ham

To four cups of finely minced ham add a seasoning of paprika and allspice, with just enough clarified butter to make it into a paste, then press into small jars and pour over it melted butter, which will harden and preserve it as paraffine does jelly.

Scalloped Ham

Make a thin, well seasoned white sauce and add to it cold boiled ham cut into small cubes. Pour into scallop dishes, cover with buttered crumbs and brown delicately in the oven. Garnish with rings of hard boiled white of egg and sprigs of blanched celery.

Broiled Ham

It should be cut in thin slices; put between the wires of a broiler and cook for five minutes, turning frequently, over a clear, hot fire. Serve on a hot platter with poached eggs.

Corned Tongue

Wash and trim out the roots of one or more fresh beef tongues. Put them into a stone jar, cover with brine, lay a plate over the meat and on this a stone to keep the meat under the brine. Cover securely, keep in a cold place and in a week they will be ready for use, although they will keep in the brine for several weeks in cold weather.

Brine for Corning

Put two quarts of water, three-quarters of a pound of salt, a quarter of a pound of brown sugar and a fourth of an ounce of saltpeter together into a granite saucepan and heat to boiling. Cool and strain through cheesecloth. Pour it over the meat and add a teaspoon of pepper, half a teaspoon of ginger, three bay leaves and two cloves of garlic. This amount of brine is sufficient for half a dozen tongues. Calf tongue may be corned in the same way

and if desired, a piece of beef may be corned in the same brine with the tongues.

Sausage and Apples

Core four apples and slice across in one-fourth inch slices. Bake the sausages on a rack in a dripping pan. Fry the apples brown, using some of the fat extracted from the sausage. Serve on the same platter with the sausage.

Skewered Liver

Alternate small pieces of liver and bacon on skewers and bake in the oven or broil until done. This is a convenient and dainty way to serve a small amount.

Sweetbreads

Sweetbreads should be purchased as fresh as possible, and as they spoil very quickly, they should receive attention as soon as they arrive from the market. Soak in cold water an hour or longer, renewing the water several times to extract all the blood. Drain and let simmer in boiling salted water half an hour or until tender. Drain again, reserving the broth for subsequent cooking, and cover with cold water to keep them white and firm. When they are cooled, wipe them dry. Remove all the tubes, outside skin and fibers, taking care not to break the sweetbreads into pieces. Sprinkle with salt and pepper and put into a cold place until needed. Sweetbreads should always be parboiled in this manner, whatever the subsequent mode of preparation. It insures their thorough cooking and makes them thicker, whiter and firmer.

Lyonnaise Tripe

Clean and boil a fresh honeycomb tripe, then cut into strips about two and a half inches long and half an inch wide sufficient to make two cups. Put in a pan in the oven for a few minutes to draw out the water, then drain. Melt a tablespoon of butter, add a teaspoon of finely chopped onion, cook to a delicate brown and add the tripe, a teaspoon of finely minced parsley, a teaspoon of vinegar and salt and pepper to taste. Simmer five minutes and serve plain or on toast.

Meat and Fish Sauces

White Sauce

Cream one tablespoon each of flour and butter until thoroughly mixed, add to one cup of milk, cream or white stock, and cook until thickened, stirring until the flour and butter are well mixed. Season with salt and pepper.

Espagnole Sauce

Put four tablespoons of butter into a spider, and in it brown crisply one slice of carrot, one slice of onion, a bit of bay leaf, a sprig of thyme, a sprig of parsley and six peppercorns. Add five tablespoons of flour, and when well browned add gradually one pint of brown stock, beating to a creamy smoothness with a wire whisk. Strain and season with salt and pepper.

Brown Sauce

Melt a tablespoon of butter, add a tablespoon of flour, cook, stirring continually until a light brown, then add a cup of rich gravy, meat broth or water and stir until it thickens.

Olive Brown Sauce

Cut two dozen large olives into narrow spiral strips. Melt and brown two tablespoons of butter, add two tablespoons of flour and brown again. Add gradually two cups of brown stock and stir until thick and smooth, add ten drops of onion juice, salt and pepper to taste, one tablespoon each of walnut and mushroom catsup, one tablespoon of Worcestershire sauce, and the olives, simmer for five minutes and serve with duck.

Spanish Sauce

Simmer together for ten minutes three tablespoons of vinegar, one tablespoon of chopped green pepper, a bay leaf and sprig of parsley; strain into a pint of plain white sauce, add a teaspoon of finely chopped chives and the zest of a lemon.

Tomato Sauce

Melt a fourth of a cup of butter, add a fourth of a cup of flour and gradually two cups of water, one and a half cups of stewed and strained tomatoes, half a teaspoon of Worcestershire sauce, if liked, and salt and pepper to season. A can of mushrooms may also be added if desired.

Sauce Piquante

Mix one teaspoon of onion juice, a tablespoon of Worcestershire, the juice of a small lemon, three tablespoons of olive oil and celery salt and pepper to taste. Just before serving add a tablespoon of finely minced parsley.

Sauce for Salmon Loaf

Heat one pint of milk and thicken with one tablespoon of cornstarch and two tablespoons of butter, rubbed together. Add the liquor from one can of salmon, one tablespoon each of tomato ketchup and Worcestershire with a pinch of cayenne. Pour over a well beaten egg, beat well and serve.

Mousseline Sauce

Beat a tablespoon of butter to a cream; add the yolks of three eggs, one at a time, then add three tablespoons of lemon juice, half a teaspoon of salt and a dash of cayenne. Cook over hot water until the sauce thickens, then add another tablespoon of butter and half a cup of sweet cream. When the sauce is hot, serve. It should be quite thick and frothy.

Sauce Bearnaise

Put half a cup of butter into a small saucepan and rub to a cream, add a fourth of a teaspoon of salt, a dash of cayenne and the yolks of two eggs, and beat well, then stir in a tablespoon of lemon juice and gradually half a cup of boiling water. Cook over hot water, stirring constantly until of a creamy consistency, add a teaspoon of finely chopped parsley and fresh tarragon and serve at once.

Sauce Trianon

Omit the parsley and tarragon and add gradually while cooking one and a half tablespoons of sherry wine.

Sauce Figaro

Omit the tarragon and add two tablespoons of tomatoes which have been stewed, strained and cooked to a pulp.

Bechamel Sauce

Cook one and one-half cups of white stock with a slice each of onion and carrot, a bay leaf, a sprig of parsley and six peppercorns, until reduced to one cup. Brown one-fourth cup of flour in one-fourth cup of butter, add the strained stock and beat until smooth. When cooked beat into it a cup of hot cream and season to taste with salt and pepper.

Egg Sauce

Melt a tablespoon of butter, add a tablespoon of flour and gradually a cup of half milk and half water, stirring constantly until it thickens. Add a teaspoon of finely minced parsley, salt and paprika to season and the finely minced yolk of a hard-cooked egg. Take from the fire, add the yolks of two eggs beaten with a tablespoon of lemon juice and serve.

Orange Sauce for Ducks

After removing the ducks from the pan add sufficient veal stock or chicken to make a pint of liquid. Add to this a tablespoon of chopped onion, a small carrot chopped, a bay leaf and a bunch of parsley, and let all simmer an hour, adding stock as the liquid evaporates. When done, strain and add the grated rind of a lemon, a seasoning of salt and a dash of cayenne. Remove from the fire and stir in a tablespoon of butter, the juice of two sour oranges, and a tablespoon of finely chopped celery. Beat three egg yolks in a warmed bowl, pour in the hot sauce, and cook in a double boiler until as thick as double cream.

Orange Marmalade Sauce

Put into a saucepan one tablespoon of butter, one tablespoon of flour, one-third of a teaspoon of salt and a slight dusting of paprika. When brown add slowly one cup of rich brown stock and cook and stir until thick and smooth. Add, if liked, a gill of sherry and three tablespoons of Scotch marmalade, and beat

hard until the marmalade is entirely and smoothly blended with the sauce. This sauce is particularly suitable to serve with quail and with grouse.

Bread Sauce

Heat one cup of milk in a double boiler, add one tablespoon of butter, one teaspoon of onion juice, salt and pepper to taste. When very hot stir in lightly half a cup of bread crumbs dried in the oven.

Hollandaise Sauce

Cream one-half cup of butter, add one teaspoon of flour, the yolks of two eggs, one saltspoon of salt, one quarter saltspoon of cayenne pepper and very gradually the juice of one-half a lemon. Pour over this one-half cup of boiling water and cook over boiling water until thickened, stirring all the time.

Pudding Sauces

Caramel Sauce

Butter the inside of a granite saucepan, add two ounces of unsweetened chocolate and melt over hot water; add two cups of light brown sugar and mix well; then add an ounce of butter and half a cup of rich milk. Cook until the mixture forms a soft ball when tested in cold water, then take from the fire and flavor with vanilla. Put into a saucèboat and pour while hot over each service of ice cream. If there is delay in serving, keep hot by standing in a vessel of hot water. As this simple dressing is poured over the cold cream it immediately hardens, forming a caramel coating.

Madeira Sabayon Sauce

Put into the inner vessel of a double boiler four egg yolks and two tablespoons of powdered sugar. Have the water in the outer vessel rapidly boiling, and whip the sauce rapidly for three minutes. Pour in slowly half a cup of Madeira wine, stir for two minutes longer; take from the fire and strain over the pudding.

Pudding Sauce

Beat two eggs until very light; then add one cup of confectioners' sugar and one cup of thick cream. Beat until the whole is the consistency of whipped cream.

Hard Sauce

The hard sauce which accompanies plum pudding is seldom made exactly as it should be. First, if possible, use unsalted butter or butter from which the salt has been well washed, then add to it powdered sugar, never granulated, or what is called confectioners' sugar. Beat one cup of the butter till very creamy, then add two cups of the powdered sugar, then gradually the unbeaten whites of two eggs and the flavoring. Set it on the ice to chill. When ready to serve, put it in a cut glass dish and with the point of a teaspoon mark little scales all over the mound.

Coffee Sauce

Beat the yolks of two eggs with one-fourth cup of sugar, add half a cup of freshly made, clear, strong, black coffee and cook over hot water, stirring constantly, until it commences to thicken. When cold add a cup of whipped cream. Serve ice cream in glasses and heap the sauce over the top.

Pistachio Sauce

Whip a cup of cream until stiff and dry, add one-third cup of sugar, flavor with pistachio and tint a delicate green. Have ready half a cup of blanched and finely chopped pistachio nuts. Serve ice cream in sherbet cups, put the sauce on top and sprinkle with the chopped nuts.

Orange Foam Sauce

Beat one egg yolk until thick and lemon colored and add gradually one-half cup of powdered sugar. Beat thoroughly and add one teaspoon of orange extract.

Griddle Cake Syrup

Boil two cups of brown sugar with one cup of water until thick, clear and brown.

Vegetables

Spinach (Swiss style)

After the spinach has been well washed and boiled with a little baking soda in the water to keep it green, put it in a strainer and squeeze out every bit of water. Now run it through the finest knife of the food chopper twice. Chop also *very fine*, a small onion or half a large one, and saute in a tablespoon of butter, not allowing it to brown. Add half a tablespoon of flour. When blended add one cup of well flavored stock, stir until free from lumps, then mix in the spinach. Season to taste with salt and pepper, and add a tablespoon of grated cheese. Serve garnished with slices of hard-cooked eggs.

Salsify Fritters

Wash, scrape and put the salsify in cold water to prevent discoloration; cut in inch lengths, cook in boiling salted water until soft, then drain. Mash and season with butter, salt and pepper. Shape in small flat cakes, roll in flour and saute in fresh butter, browning first one side and then the other.

Cucumber Fritters

Pare fresh, green, not too large cucumbers, cut in long, narrow pieces, and drop into ice water to crisp. Make a batter of one cup of flour sifted with half a teaspoon of salt, one teaspoon of baking powder and a pinch of cayenne, adding two whole eggs alternately with half a cup of ice water, then add a tablespoon of olive oil and the juice of a small lemon; beat in at the last moment the well beaten white of an egg and set away in the ice box until thoroughly chilled. Drain and dry the cucumbers, dip them in this batter and fry brown in deep hot fat. Drain on soft paper, sprinkle with salt and mustard, or cayenne, very, very lightly if the latter spice is used, and serve very hot.

Asparagus in Aspic Jelly

Boil a large bunch of asparagus tips in salted water until tender, carefully saving the liquor in which they were cooked as the foundation for the jelly. This is made by adding to the asparagus

water, a teaspoon of beef extract, half a teaspoon each of chopped celery and carrot, one bay leaf and three whole cloves; allow these ingredients to simmer for thirty minutes, and then add an ounce of gelatine that has been soaked in half a cup of cold water for ten minutes, stirring until the gelatine is dissolved. Strain the aspic through a double cloth and mold the asparagus tips with alternating layers of hard-boiled eggs in an ornamental mold; this is easily accomplished by adding with a spoon only sufficient jelly to set each layer, and waiting until that is hard and firm before arranging the next in place; at serving time unmold, garnish with bunches of cress and serve with graham bread sandwiches.

Asparagus Rissoles

Roll out on the bread board half a pound of rich pie crust, and with a sharp knife cut into neat squares; have in readiness a cup of cooked asparagus tips, covered with a thick cream sauce. Arrange in the center of each square a teaspoon of the prepared asparagus, sprinkle liberally with paprika, salt and chopped parsley; then turn over the paste, the edges lapping in triangle form, and crimp the border with the tines of a silver fork. Place the rissoles, when finished, on ice for at least an hour before cooking. Fry in hot fat to a golden brown, arrange on a chop platter with a folded hemstitched napkin and garnish with crisp parsley and thin slices of lemon.

Mashed Sweet Potatoes

Bake the potatoes, cut in halves lengthwise and carefully scoop out the potato. Mash well, add a little butter, pepper and salt and a little cream or milk; beat until creamy; return to the shells, heaping lightly and place in the oven to reheat.

Candied Sweet Potatoes

Select potatoes of medium size and boil until nearly done. Peel and cut in slices. Lay these in a baking pan; melt one-half cup butter, add one-half cup sugar and stir until sugar is melted. Put one teaspoon of this on each slice and bake until brown. Potatoes should not be sliced thin.

Sweet Potato Fritters

Take one pint of mashed sweet potatoes, two eggs, half a saltspoon of salt, a cup of pastry flour and a teaspoon of baking powder, mix together with a little sweet milk and drop tablespoons of the batter into hot fat, frying a delicate brown; serve with a tomato sauce.

Potato Croquettes

Two cups of mashed white potatoes, two tablespoons of cream, a teaspoon of onion juice, a teaspoon of salt, a dash of nutmeg; yolks of two eggs, a tablespoon of chopped parsley, butter the size of a walnut, a dash of cayenne. Beat the eggs until light, and add to them the potatoes, then add all the other ingredients. Mix and turn into a small saucepan. Stir over the fire until it is thoroughly heated through. The mixture will then leave the side of the pan without sticking to it. Take from the fire, and when cool form into cylinders. Roll first in egg and then in bread crumbs and fry in boiling fat. This will make about twelve croquettes.

Potato Custards

Boil and mash six large white potatoes; add two well beaten eggs, butter, pepper, salt and one cup of hot milk; beat until very smooth and light; add a little sugar and a dash of nutmeg. Lightly fill greased custard cups and bake a delicate brown.

Potato Pyramid

Choose small round potatoes of even size, pare, drop in cold water, and let stand an hour. Drain and dry, then drop into deep fat, boiling hot, and fry to a rich golden brown. Skim out, drain on paper, then serve pyramid fashion on a napkin laid over a hot dish.

Green Peas

Soak one pint of dried green peas over night in water to cover. In the morning place in a crock, cover with water and add one tablespoon of sugar and one teaspoon of salt. Cook for eight or nine hours, strain off the water and serve with butter or cream sauce.

Beet Fritters a la Dickens

Cut beets, after boiling, into slices an eighth of an inch thick; mince a few mushrooms with one-eighth their bulk in onions; press between two slices of beet and dip in a batter made by beating the yolk of an egg, adding a tablespoon of oil or melted butter, four of flour, and lastly the whipped white, with salt and pepper to taste; fry these fritters in very hot fat.

Squash Puff

Press dry cooked squash through a sieve; to a half-pint add two tablespoons of melted butter, quarter of a cup of milk, seasoning of salt and pepper, and two beaten egg yolks. Mix thoroughly, fold in two beaten egg whites, and turn into a buttered mold, set in a pan of hot water and bake in the oven until the center is firm. Serve turned from the mold and accompanied by a rich cream sauce made from one tablespoon each of flour and butter with a cup of scalded cream or rich milk and seasoning of salt, pepper, celery salt and mace. This can be baked in individual timbale molds if desired.

Baked Hubbard Squash

Wash a hard shelled Hubbard squash and cut into pieces large enough to handle with ease; it is impossible to make them of uniform size. Take out the seeds and pulp, being careful not to waste any of the good part. Bake like potatoes until a fork can pass through the meat easily. Serve in the shell and eat with butter and salt.

Fried Summer Squash

Wash and cut in one-half inch slices. Season with salt and pepper, dip in crumbs, then egg, then in crumbs again. Fry in fat hot enough to brown a bit of bread in sixty counts.

Stuffed Tomatoes

Select smooth, shapely fruit. Cut a slice from the top of each and scoop out the seeds and a small portion of the pulp. Fry a teaspoon of chopped onion in a tablespoon of butter, add a cup of cooked sweetbreads, cut in small pieces, half a cup of soft bread crumbs, half a cup of tomato pulp, a saltspoon of salt and a dusting of paprika. Mix

well and fill the tomato shells, previously dusted with salt and pepper. Cover the tops with buttered crumbs and bake for twenty minutes in a brisk oven. Serve with Hollandaise sauce. The above proportions are ample for six tomatoes.

Tomato Fritters

To a pint of canned or stewed tomatoes add a few sprigs of celery, a slice of onion, two cloves and six peppercorns; cook ten minutes, then rub through a seive. Melt a fourth of a cup of butter, add a fourth of a cup of flour, gradually the tomatoes, stirring constantly, and seasoning of salt, pepper and sugar as needed. Cook the mixture until quite thick, then remove from the fire and add an egg slightly beaten. Pour into a buttered shallow tin and cool. Turn onto a board dusted generously with cracker crumbs and cut into small squares or strips. Roll each piece in crumbs, then in egg and again in crumbs. Fry in deep fat. Serve as a relish with eggs or as a garnish with veal or lamb chops.

Tomatoes Parisienne

Wash and wipe firm, ripe tomatoes, and cut in halves crosswise. Heat two tablespoons of salad oil in a frying pan, lay in the tomatoes, cut surface down, and cook quickly until they are heated through but not softened. Remove to a buttered baking dish and spread the cooked surface with the following mixture: Rub six hard-boiled egg yolks to a paste with three tablespoons of melted butter, add a teaspoon each of chopped chives and of parsley, one finely-chopped shallot and four medium-sized anchovies, slightly freshened and finely minced. Sprinkle soft bread crumbs over the tomatoes and cook in a brisk oven for ten minutes. The anchovies will supply all the salt necessary for seasoning.

Tomato Cups with Corn Cream Filling

Remove the pulp from twelve ears of sweet corn, season delicately with salt and pepper, add a beaten egg, and if the pulp is dry add a tablespoon of cream to each cup of pulp. Wash and wipe a dozen tomatoes, cut a slice from the stem end and with a teaspoon remove the greater portion of the pulp; dust lightly with pepper and salt and fill with the corn, cover with bread crumbs, dot

with butter and bake until the tomatoes are soft and of a rich brown color. Remove carefully to mounds of buttered toast and serve either as an entree or as the main dish at a simple family luncheon.

Escalloped Tomato and Cheese

Make a drawn butter sauce with two tablespoons each of butter and flour; cook with one cup of hot water and season with salt and pepper. Put a layer of bread crumbs in a buttered baking dish, cover with bits of tomato, then a layer of crumbs followed by grated cheese; continue until the dish is full, having a generous sprinkling of grated cheese on top. Pour over the whole the hot sauce and bake in a moderate oven until brown.

Corn Fritters

To two cups of grated sweet corn add one cup of flour sifted with one teaspoon of baking powder, two teaspoons of salt and a quarter teaspoon of paprika; add also half a cup of finely chopped celery and the beaten yolks of two eggs. Mix thoroughly and then fold in the stiffly whipped whites of two eggs. Drop by spoonfuls into hot fat and slowly fry to a pale brown. The fat should be about half an inch in depth in the pan—deeper than is required for sauteing, but not deep enough to cover the fritters.

Corn Souffle

One can of corn put into a chopping machine and ground very fine. Take three eggs and whip light, separately. Add one teaspoon of melted butter. Season with pepper and salt. Stir in the yolks, beat, cut in the whites of the eggs and bake in quick oven.

Baked Beans

Soak one quart of beans over night in water to cover. In the morning cover with water to which one-half teaspoon of soda has been added. Boil slowly until the skins begin to burst and strain off the water. Place in a bean crock and cover the beans with liquid composed of two cups of hot water, one-quarter cup of molasses, one-half teaspoon of mustard and one-half teaspoon of salt, adding more hot water if neces-

sary. Half bury one-half pound of salt pork in the top of the beans and bake for eight or nine hours.

Haricot Beans

Put a pint of washed beans in a clean five-pound flour bag and let them lie all night in a saucepan containing two quarts of cold water. The next morning simmer over a slow fire three hours; lift out the bag into a colander; untie the string and turn the beans into a frying pan with a tablespoon of butter, a gill of cream and a very little finely minced parsley; season to taste with salt and pepper and shake over the fire until hot.

Tomatoes, Corn and Onions

Butter plentifully a deep baking dish, and cover the bottom an inch deep with green corn cut from the cob. Season well with salt and pepper and butter, then put in a layer of tomatoes peeled and sliced. Season them likewise, then add a layer of sliced and soaked onions. Repeat till the dish is full, letting onions come on top. Cover with an inverted plate, and bake until nearly done—say about an hour. Then take off the plate and cook fifteen minutes longer. Sugar added to the seasoning is to many minds an improvement.

Hulled Corn

Wash two quarts of shelled corn to remove loose bits; then place in a large iron kettle with four tablespoons of saleratus, cover with cold water, let come to a boil slowly and cook about an hour. Remove the kettle from fire, drain off the water, then pour the corn, from which the hulls will already be loosened, into a large pan of water. Rub the corn between the hands to loosen the hulls; after taking off all those partly loosened put it on again in warm water, let boil about half an hour, then try to remove the rest of the hulls by rubbing as before. After all hulls are removed, wash the corn in at least half a dozen clean waters, then put on once more in warm water, and when it boils drain and add fresh water. Let the corn cook in this last water until tender, salting to taste. If the hulls do not come off readily let the corn boil an hour longer, adding a teaspoon more saleratus. This will keep for several weeks without sealing in warm weather.

Baked Corn and Beans

It is an old dish with us, yet I find few who have heard of it. It is in no sense succotash. In sweet corn time prepare a pot of Boston baked beans in the usual way. About half an hour before they are to be served take from the oven, remove the pork and thoroughly stir in the corn, which has previously been cut from the cob, then replace in the oven. Use plenty of corn. Canned corn may be used.

Baked Beans Without Pork

Soak one quart of medium pea beans over night or twelve hours, then parboil till the skin cracks when taken up on a spoon and exposed to the cool air. Put a beef bone with marrow into the pot and fill with beans, adding two teaspoons of salt, and water to cover. Bake slowly for twelve hours, adding more water as it evaporates. Before serving take off the hard beans on top.

Cabbage Souffle

Shred coarsely a solid, well blanched head of cabbage and cook in an abundance of salted water until tender. Drain and place in a buttered dish in layers, with a slight sprinkling of grated cheese between. To two tablespoons each of butter and flour, add a cup of rich milk, two beaten egg yolks and a saltspoon each of salt and mustard, stirring over the fire until it boils; then add the beaten whites of the eggs. Pour this over the cabbage and bake half an hour.

Cabbage with Ham

Melt a tablespoon of butter, and when hot turn in three pints of white cabbage shaved fine. Cover tightly and simmer on the back of the range until the cabbage turns yellow. Sprinkle with a teaspoon of salt, a few grains of cayenne, and a cup of minced cold boiled ham. Add one-fourth cup of white wine vinegar, stir well, cover and cook slowly for two hours.

Cauliflower Fritters

Separate cold, cooked cauliflower into flowerets, then stir into a fritter batter. See page 162. Drop the mixture by small spoonfuls into hot fat, frying to a golden brown, or dip each piece separately into the batter, coat thoroughly and fry.

Brussels Sprouts

Boil one quart of sprouts in salted water till tender, drain and put in a baking dish. Dust with a tablespoon (level) of flour, dot with bits of butter, pour over a cup of cream, cover with grated cheese, preferably Parmesan, and brown in a hot oven.

Brussels Sprouts with Chestnuts

Wash and trim a pound of fresh sprouts of as uniform a size as possible; plunge in boiling water when three-fourths cooked, drain; plunge in cold water and drain again; add an equal quantity of chestnuts also three-quarters cooked; moisten with half cream and half milk, season with salt and nutmeg and finish the cooking in the oven.

Carrots au Jus

Simmer in boiling salted water one quart of sliced winter carrots. Slowly cook a quarter of a cup of chopped onion in hot butter; when tender add a cup of rich brown gravy or sauce, one teaspoon of chopped parsley and the drained carrots, and simmer for fifteen minutes.

Turnips with Yellow Sauce

Pare and dice sufficient turnips to fill a quart measure. Cook in boiling water, slightly salted, until tender, drain and reserve the water as a base for the sauce. Cream two teaspoons of butter and a dessertspoon of flour, beat in the yolks of two eggs, seasoning of pepper and salt, and pour on it a pint of the turnip water. Cook for ten minutes, add the turnip dice, heat through thoroughly and serve in a hot dish.

Shaker Mashed Turnip

Pare and remove any bad spots, then boil and mash six white turnips. Drain thoroughly, add half a cup of rich cream, butter the size of an egg, and salt and pepper to taste.

Salads

Mayonnaise Dressing

Chill all materials thoroughly. Place the mixing bowl in a pan of ice water, especially if the room be warm. If this is done mayonnaise will curdle but seldom, if at all. To the yolk of an egg add a pinch of cayenne and one-half teaspoon each of salt, sugar and mustard if the latter flavor be liked. With a rotary beater, beat into this one cup of olive oil and two tablespoons of lemon juice. If in spite of care it curdles, chill thoroughly by putting as large a piece of ice into the bowl as possible. Take out as soon as chilled and beat again.

French Dressing

To two tablespoons of lemon juice or vinegar add four of olive oil. Season to taste with salt and pepper.

Midsummer Salad

Marinate in a French dressing, made with equal parts of oil and vinegar, seasoning to taste, two cold boiled potatoes cut in dice and four hard cooked eggs, Just before serving, pare two cucumbers until all the white fiber is removed, cut into dice and add to the marinade. Cover with a thick mayonnaise. It may be garnished with lemon, pimolas, olives or red peppers, or it may be served in tomato cups.

Boiled Cream Dressing

Two well beaten eggs, one cup of sweet cream, one cup of vinegar, one teaspoon of mustard mixed with a little water, one-fourth teaspoon of pepper, a scant half teaspoon of salt, one tablespoon of granulated sugar, one piece of butter the size of an egg. Add cream to beaten eggs, then add mustard, pepper, salt and sugar. Stir briskly all the while and very gradually add vinegar, a little at a time. Then add butter, not melted. Stir constantly in a double boiler till it thickens.

East India Salad

Work two ten-cent cream cheeses until smooth and moisten with one-fourth cup, each, of milk and cream. Add one-half cup of grated Young

America cheese, one-half cup of heavy cream beaten until stiff, and one-half tablespoon of granulated gelatine soaked in one tablespoon of cold water and dissolved in one tablespoon of hot water. Season highly with salt and paprika, and turn into a border mold first dipped in cold water. Remove from the mold and fill the center with lettuce leaves dressed with a French dressing to which curry powder is added; this is made by mixing one and one-half teaspoons of salt, one-half teaspoon, each, curry powder and white pepper, one-half cup of olive oil and one-third cup of vinegar.

Water Lily Salad

The eggs, first hard cooked, are cut carefully with a sharp knife and then placed on a bed of fresh cress. To be served with mayonnaise dressing. See page 14.

Brussels Salad

Slice and then chop the interior leaves of a small head of white cabbage, adding three tablespoons of minced fresh water cress, one small cup of breast of chicken cut in dice, the grated yolks of two hard cooked eggs and two tablespoons of finely sliced cooked string beans; toss the ingredients lightly together, sprinkling with a few drops of sherry wine and place in the ice chest to become thoroughly chilled. When ready to serve moisten with a white mayonnaise dressing, arranging on a small ice block, garnished with chopped white of eggs, capers and radishes cut to represent tulips.

Neufchatel Salad

Crisp white lettuce leaves are filled with minced stuffed olives, broken nut kernels and crumbs of Neufchatel cheese. Serve with French dressing.

Manhattan Mousse Salad

Mix together one teaspoon of ground mustard, two teaspoons of flour, one and a half teaspoons of powdered sugar, a few grains of cayenne pepper, one teaspoon of melted butter, one egg yolk, one-third of a cup of vinegar and a teaspoon of salt; cook over hot water until well thickened, stirring constantly, but do not allow it to boil; then remove from the fire and add one-third of a table-

spoon of granulated gelatine, soaked in one and a half tablespoons of cold water. Season highly with salt, cayenne and lemon juice two small cups of cold flaked fish, adding the prepared dressing when quite cold, together with half a cup of whipped cream; turn immediately into individual molds and chill on the ice; serve in small nests of heart lettuce leaves; garnish with halved quarters of lemon and stars of cold pickled beets.

Salad a la Suisse

Cut into cubes a quarter of a pound of cold, cooked lamb (about one cup), adding one medium-sized cucumber cut in dice, half a cup of cooked green peas, a teaspoon of strained mint juice, and a cup of shredded lettuce; moisten with a cup of mayonnaise dressing, mixing the ingredients lightly together with a silver fork and dispose on a bed of chilled lettuce leaves, ornamenting with finely chopped pared radishes and tiny stuffed olives.

Cucumber and Sweetbread Salad

This salad is made by paring three large cucumbers and cutting them in thin slices; place in a saucepan, adding a stalk of bruised celery, six drops of onion juice, one tablespoon of white wine vinegar, a bay leaf, a scant half teaspoon of salt, a dash of paprika and a cup of cold water. Simmer slowly until the vegetable is tender and then press through a puree sieve, returning to the fire and stirring in three tablespoons of granulated gelatine; color slightly with a few drops of spinach juice and mold in a chilled ring mold. At serving time unmold on a cut glass platter, filling the center with a mixture of cold, cooked sweetbreads (cut in dice), chopped celery and radishes moistened with mayonnaise dressing. Garnish with small cucumber pickles and plumes of shredded celery. See page 15.

Duck Salad

Cut cold duck into small pieces and marinate with a French dressing for an hour. With a spoon remove the pulp from a sour orange. In the bottom of the salad bowl put a chapon (a small square of bread rubbed on both sides with a clove of garlic); on this put well blanched chicory lightly torn with the fingers, next the duck mixed with a

little mayonnaise, and lastly the orange; with a salad fork and spoon toss thoroughly together and serve with mayonnaise in a bowl apart.

Aspic Jelly Salad

Soak one-half box of gelatine in one-half cup of cold water for one hour. Add to two and one-half cups of boiling water three teaspoons of beef bouillon, a pinch of salt, a dash of tabasco, a teaspoon of onion juice and one-half teaspoon of Worcestershire. Add the gelatine, strain the mixture and cool. When half cooled, add a small can of pate de foie gras, one slice of tongue, five olives and two teaspoons of pecan nuts. Pour into a mold and chill on ice four hours. Serve on lettuce leaves with mayonnaise dressing and capers. This made with canned salmon, instead of foie gras, is delicious.

"Kartoffel Salad"

This recipe was given by a German *hausfrau.* The ingredients are one dozen small boiled potatoes (cold), one quarter pound of bacon, two onions, a small piece of bacon (for frying), parsley, French dressing (oil, vinegar, pepper, salt, chopped parsley and a very little mustard). Cut the one-quarter of a pound of bacon in small dice and fry (not too brown), mixing both bacon and fat with the salad. This is prepared an hour before luncheon or tea and well chilled in the ice box. Serve with hot buttered crackers, sprinkled liberally with paprika.

Game Mousse in Cucumber Jelly

Pare and grate crisp cucumbers, and to two cups of this pulp add one heaping tablespoon of granulated gelatine softened in a half cup of cold water and dissolved over hot water. Season with a teaspoon of salt, a quarter teaspoon of white pepper and the juice of a lemon. Pour into a bowl and set in a cold place to harden. When firm remove the center, leaving about an inch of jelly on the bottom and sides of the bowl. Chop and pound in a mortar one pint of scraps of any cold game, add one cup of well-seasoned chicken stock, in which half a tablespoon of gelatine has been dissolved. Set away until slightly thickened. Then fold in one cup of whipped

cream. Mix thoroughly and fill the mold of jelly. Place on ice for a day, turn out and serve with a green mayonnaise of celery.

Harvard Salad

Pare six small tomatoes, scooping out a small quantity of the pulp from each; sprinkle the insides with salt, invert and chill. Fill the cavities with the following mixture: three tablespoons of cream cheese, one tablespoon of minced parsley, a dash of mushroom catsup, a saltspoon of salt, a pinch of white pepper, six stoned and chopped olives and sufficient French dressing to moisten. Arrange on a bed of crisp water cress, topping each portion with a bit of bar le duc jelly.

Tomato Cups

Scoop out the center of some carefully peeled tomatoes. Place them on lettuce leaves and fill them with slices of stuffed olives mixed with mayonnaise.

Sardine Salad

Cover a large plate of lettuce leaves with boiled whitefish, flaked, leaving an inch margin; split six sardines, taking out the bone, and lay them on the fish, heads in the center, and spread around to form a disk. Put a little parsley in the middle of the dish, at the heads, and on the fish between each two sardines put a generous teaspoon of mayonnaise. Slice a lemon, cut each slice in half and garnish the edge of the fish, the rind lying on the lettuce.

Tomato Jelly Salad

A rather novel salad is made by molding tomato jelly in individual molds; when it has hardened, scoop out with a hot spoon some of the jelly from the center, and fill the space with shredded cabbage and chopped pecan nuts, mixed with mayonnaise. Put a spoonful of mayonnaise over the top.

Tomato and Truffle Salad

Skin small tomatoes of uniform size, scoop out a portion of centers and arrange in nests of lettuce leaves. Fit a thin slice of cucumber in each tomato, arrange a ring of green pepper around each slice of cucumber, then garnish with a small round of truffle.

Cold Meat Salad

Cut cold meat into very thin slices. Chop four anchovies freed from bone, one small onion and one tablespoon of parsley. Mix in a salad bowl with two tablespoons of oil, one tablespoon of mild vinegar, French mustard, pepper and salt. Cover and let stand two hours, then serve garnished with parsley and pickles.

Shrimp Salad

One quart of celery cut in small bits, two cans of shrimps, washed and picked to pieces, one dozen olives minced, one-fourth pound of grated cheese, one pint of mayonnaise, one head of lettuce in small pieces. Line salad bowl with lettuce leaves and mix ingredients. Garnish with parsley and whole olives. Set in a cool place until ready to serve.

Frozen Tomato Salad

Take one can of tomatoes, season with salt, pepper, and a tablespoon of sugar. Freeze and serve with French dressing or mayonnaise. Freeze the tomatoes in glasses that have glass tops, or in baking powder pound cans, by packing in ice and salt for three hours. Turn out of the can and slice.

Cauliflower and Beet Salad

Boil a head of cauliflower in a piece of fine cheesecloth, until tender. Remove from the fire and break into flowerets, sprinkling with a tablespoon of lemon juice. When cold, arrange neatly in a dish, adding two tablespoons of cold boiled beets cut into dice, a tablespoon of chopped parsley and a teaspoon of finely minced wild sorrel. Mix them lightly with a French dressing, and garnish the base of the salad with a border of boiled carrots and beets, cut into fancy shapes.

Flower Salad

Arrange a fringe of parsley on the outer rim of each plate. Then a ring of very dark slices of beet, moistened with plain mayonnaise dressing. The next ring should be of pink beets with a bit of whipped cream in the dressing. Fill the center with lighter beets and cream. In the very center rice a bit of cooked yolk of egg.

Artichoke Salad

Prepare artichokes as for a vegetable. Strip off the outside leaves, saving some of the best for garnishing. Lay the hearts in a chopping bowl and chop fine. For every four hearts add one hard-cooked egg, which is also chopped, and five or six sweet cucumber pickles, according to size and taste, with salt and a little paprika. Add a tablespoon of thick mayonnaise dressing for each heart and mix well. Put this in the salad bowl and spread mayonnaise dressing thickly over the top. Garnish with the artichoke leaves.

Salad Verte

The ingredients are olive oil, cider vinegar, tarragon vinegar, chives, chervil, and romaine or Boston lettuce. (Chervil can be bought at a seed dealer's for five cents a package and can be easily grown in a sunny window or in a garden. Chives cost fifteen cents a clump and spring up quickly after cutting.) In the first place, let the oil be above reproach—thick, yellow and rich. Use three tablespoons of oil to one of vinegar. Mix a saltspoon of salt and one of black pepper with the vinegar, pour in the oil slowly, mixing thoroughly until creamy, repeat this until oil and vinegar are thoroughly mixed and used up. In the last spoonful pour a few drops of tarragon vinegar and mix a tablespoon of finely chopped chives and another of chervil. I mix this and serve in little Japanese bowls, passing the romaine, which is by far the best salad to eat with French dressing, on a shallow dish, letting the guests dip the tender green into the dressing. Cheese crackers are the proper accompaniment to this salad—thin crackers spread with butter, grated yellow cheese, generously seasoned with paprika, black pepper and salt, toasted in the oven long enough to crisp and puff up.

Water Cress Salad

Dress a crisp bunch of cress with salt, pepper, paprika, oil and lemon juice, adding the grated yolks of three hard-cooked eggs; arrange in a mound on a salad platter, garnishing with the whites of the eggs cut lengthwise into eighths, and placed in the salad to simulate the petals of a flower, pressing a star of mayonnaise into the center of the petals.

Entrees

Timbale Cases

Into a small bowl put three-fourths of a cup of flour, half a teaspoon of salt and a teaspoon of sugar. Add gradually one-half cup of milk, one beaten egg and a tablespoon of olive oil. Whip with an egg-beater until it is perfectly blended, then chill for an hour. The frying is the most difficult part of the operation. Pour the batter into a deep cup; in a shallow bowl it would soon be too low to properly cover the timbale iron. Heat the fat until hot enough to brown bread in forty counts and provide a pan with heavy absorbent paper close by. Drop the mold end of the iron into the fat long enough to become heated, remove and dip into the batter for a second. A thin film of partially cooked batter will cling, but to insure a good timbale dip again. This time no bubble or hole should mar the even coat on the iron. Dip for twelve seconds in the hot fat. Turn the iron upside down to drain off the fat and to keep the timbale from dropping off. Slip from the iron to the paper and dip again. For success the fat must be very hot, and the iron must be hot as well; dip the point into batter; if nothing clings it is too cold or too hot. Dip into batter, covering half the mold. When fried these will be just the right hight. A fluted iron is easier for a beginner to use as there is no tendency for the fried timbale to slip off. See illustrations on pages 16 and 17.

Cheese Fondu in Shells

Add two tablespoons of melted butter to a cup of soft bread crumbs; cover with a cup of milk and let stand about ten minutes. Add half a teaspoon of salt, a shaking of pepper, a fourth of a pound of mild cheese grated and the beaten yolks of three eggs, then fold in the whites of the eggs beaten until stiff. Turn into buttered individual timbale shells or china cups and bake in a moderate oven until the egg is set. Serve at once in the dishes.

Vegetarian Rice

Boil the rice until flaky, then mold into the shape of a loaf of bread. Cut the loaf in half and insert three tablespoons of butter and push together again. Grate strong cheese over the top of the loaf and bake in the oven until the cheese runs and glazes the top. Serve with asparagus tips in melted butter.

Corn Souffle

Heat one pint of milk; stir into it three-fourths of a cup of corn meal and cook until thick and smooth. Add salt and a little butter; beat into this the well beaten yolks of four eggs and then the whites, which have been beaten separately. Pour into a baking dish and cook twenty-five minutes in a moderate oven. Serve at once.

Pigs in Blankets

Take large oysters, allowing two to be served each person, as they are too rich to serve more. Cut clear salt pork into thin slices, put it in cold water and let it come to a boil; this is to remove any strong taste or odor. After boiling place it on brown paper to drain. Wrap each oyster in a slice of pork, fastening with toothpick. Dip in beaten egg, using both yolk and white. Roll in cracker crumbs and fry in smoking hot olive oil, until brown. Use a wire croquette basket if you have one.

Sweetbread in Ramekins

Make one cup of cream sauce. See page 110. Add one and a half cups of diced sweetbread and a cup of peas, either fresh or canned, turn into buttered ramekins, cover with buttered bread crumbs and bake until the crumbs are brown. Any of the mixtures suitable for creamed sweetbreads may be prepared in this way. This is a good and simple luncheon dish.

Escalloped Chicken with Green Peppers and Tomatoes

Bone the legs of the chicken and cut into neat blocks. Prepare butter sauce and mix with fowl. Take two green peppers, cut in strips, one large ripe tomato and two boiled potatoes, cut them the same as the chicken; mix all together in the sauce and simmer thirty

minutes. Pour the mixture in a baking dish, cover with fine bread crumbs, butter the top and bake a nice brown. Serve with baked new potatoes.

Spanish Tamales

The following ingredients are for two dozen tamales. Three dozen ears of green corn with the husks, one chicken, two dozen Chili peppers, one quart of olives, two pounds of raisins, two cups of good lard. Salt to season sufficiently. Scrape the corn from the cob, mix with the chicken minced moderately fine, and add the other ingredients. Divide in two dozen small portions and tie up in the husks. Steam or boil until thoroughly done. This is a genuine Spanish-made tamale, as manufactured in southern California.

Deviled Crabs

To the meat of one dozen hard crabs add pepper, salt, dry mustard and Worcestershire sauce to taste. Heat two cups of fresh milk, add two tablespoons of butter, six broken crackers and some chopped parsley. Stir and cook a few minutes. Remove from fire and mix with the picked crab meat. Fill each shell, cover with cracker crumbs with a bit of butter on top. Bake in oven until brown.

Supreme of Chicken

Run through a meat chopper until chopped very fine the raw breast of a good sized chicken; beat in, one at a time, four eggs, beating the mixture after each addition until smooth; add one and a third cups of thick cream and season well with salt and pepper. Turn into buttered earthen timbale molds, half surround them with hot water, cover with buttered paper and bake about twenty minutes in a moderate oven. Serve with a sauce made of a fourth of a cup each of butter and flour, one and a half cups of chicken stock, half a cup of cream, salt and pepper to season and the yolks of two eggs.

Cheese Pie

This is a delicious accompaniment to cold sliced meat or it may well serve as the central dish for the family luncheon. Cut two-thirds of a stale five-cent baker's loaf in one-third-inch slices, and then cut the slices in halves. In a

buttered shallow baking dish alternate layers of bread with layers of soft, mild cheese, cut in one-eighth-inch slices and sprinkled with salt and paprika. Beat two eggs slightly and add one cup of milk. Pour over the bread and bake until the cheese is soft, the time required being about thirty minutes.

Timbales of Halibut

Force through a meat chopper until finely chopped one and a half pounds of fresh uncooked halibut. Add a teaspoon of salt, a few grains of cayenne, half a cup of thick cream beaten until stiff and the stiffly-beaten whites of five eggs. Turn into a well buttered mold and steam for thirty minutes, taking care to have the water surrounding it boiling steadily the entire time. Turn out, garnish with lemon and parsley and serve with egg sauce.

Ramekins of Chicken

Cut into cubes sufficient cooked chicken to make one and a half cups. Have ready a cup of cooked and drained peas, fresh or canned, and a fourth of a cup of sliced mushrooms. Melt a fourth of a cup of butter; when hot and bubbling add a fourth of a cup of flour and gradually half a cup each of chicken stock, cream and the liquor from canned mushrooms. Season to taste with salt and paprika, add the chicken, peas and mushrooms, and when all are mixed thoroughly, place in ramekins. Cover with browned crumbs and serve.

Timbales of Liver

To a pint of young calf's liver cooked in salted water until tender, then forced through a meat chopper, add a cup of fresh crumbs moistened with a cup of chicken stock or milk, two beaten eggs, a teaspoon of finely chopped parsley, a few drops of onion juice, a tablespoon of chicken oil, bacon fat or soft butter, and salt and paprika to season highly. Mix thoroughly and turn into well buttered earthen timbale molds. Cook in a pan of warm water in a moderate oven for about twenty-five minutes. Turn out on a warm platter and surround with mushroom sauce.

Sweetbread Timbales

Parboil and cook a pair of sweetbreads until tender. Cool and force through a meat chopper, then add four eggs, one at a time, stirring until the mixture is smooth, lastly fold in a cup of cream beaten until stiff and dry and add seasoning of salt and pepper to taste. Butter some small earthen timbale molds, put a mushroom in the bottom of each and fill two-thirds full with the mixture. Put into a pan, half surround with hot water, cover with buttered paper and bake twenty minutes in a moderate oven. Turn out and serve with green peas or stewed mushrooms.

Indian Meal Timbales

Cook two cups of corn meal in slightly salted water for three-quarters of an hour, adding more water if necessary and boiling to the consistency of porridge. Pour into small timbale molds and set away to harden; when quite firm remove with a sharp spoon the center from each mold, leaving only a shell; unmold these, brush over with melted butter and crisp in a hot oven; then fill with any highly seasoned creamed or deviled preparation of meat, fish or game and serve inverted on a salpicon of mashed potato, garnished with sprigs of parsley and thinly sliced lemon.

Tomato Timbales

Add one-fourth teaspoon of soda to half a cup of cream and stir into two cups of cold stewed and sifted tomatoes. Add the beaten yolks of six eggs, half a teaspoon of salt, the same quantity of onion juice, a tablespoon of sugar and a dusting of paprika; lastly fold in the stiffly beaten whites of three eggs. Turn into buttered timbale molds and bake until firm. Stand the mold in hot water, which must not boil after the molds are set in the oven.

Fritter Batter

Sift together a cup of flour and a fourth of a teaspoon of salt. Beat well the yolks of two eggs, add to them gradually half a cup of milk, then stir this slowly into the flour, beating until smooth; add a tablespoon of melted butter or olive oil and stand aside an hour or longer. In cold weather several hours or over night is preferable. When ready

to use add the whites of the eggs beaten very stiff. In cold weather this batter may be kept several days.

Fig Fritters

For one dozen of these delicious fritters, take two eggs, separating the whites from the yolks, add to the yolks one cup of milk, one and one-half cups of graham flour, one tablespoon of melted butter, one-half teaspoon of salt, one cup of chopped figs and one-half cup of boiled rice stirred in; flavor with nutmeg and a little cinnamon, then stir in the beaten whites and one teaspoon of baking powder; fry in deep fat and serve with a boiled icing sauce.

Golden Ball Fritters

Put into a saucepan, a pint of water, a tablespoon of butter and half a cup of sugar. When this boils, stir into it a pint of sifted flour, stirring briskly and thoroughly. Remove from the fire, and when nearly cold, beat in four eggs, one at a time, and beating the batter between each; then add a cup of preserved ginger chopped finely, and fry brown in boiling fat. Serve with a sauce made from the ginger syrup and flavored with lemon juice.

Cranberry Fritters

Beat one egg thoroughly and stir it into one and one-half cups of milk, add one tablespoon of sugar and one cup of flour in which has been sifted one teaspoon of baking powder. When well mixed stir in one cup of thick rich cranberry sauce, and drop in spoonfuls on a hot buttered gridiron. Brown very lightly, and serve with butter and powdered sugar.

Chicken or Turkey Fritters

Separate some cold cooked chicken or turkey from the bones and cut into pieces about half an inch thick and an inch and a half long. The pieces need not necessarily be perfect in shape. Sprinkle with salt and pepper, dip into fritter batter, coating well on all sides, and fry in deep hot fat until a golden brown. Drain on brown or soft paper to absorb the grease.

Apple Fritters

Pare and core four tart apples and cut in one-fourth inch slices across the apple. Sprinkle with two tablespoons of lemon juice and powdered sugar. Prepare a batter by sifting one cup of flour and one-fourth teaspoon of salt. Add two well-beaten yolks to one-half cup of milk, mix and beat into the flour, until it is a smooth batter. Add one tablespoon of melted butter or olive oil, and cut in the stiffly beaten whites of two eggs. Drain the apples carefully, dip in the batter and fry in deep fat. When cooked, drain on crushed brown paper to absorb the grease, sprinkle with powdered sugar, and serve.

Clam Fritters

Clean and pick over a quart of clams. Reserve the liquor and use it in making a fritter batter instead of milk. Put aside the soft part of the clams, finely chop the hard part, then add all to the batter, which should be quite thick. Drop by small spoonfuls in hot fat. Drain and serve as oyster fritters.

Croquettes

In making croquettes, use bread crumbs if possible, rolled or ground to the fineness of powder. Place them in an even oblong in the center of a board. Dilute one slightly beaten egg with twice the amount of cold water and place in a pie plate. Form the croquettes, roll in the crumbs, then in egg; crumbs again and set aside to fry.

A mixture of one-third clarified suet to two-thirds of good lard is excellent for frying. Olive oil is even better but of course more expensive. Whatever fat be used heat until a bit of bread can be browned in it in forty counts. Dip the empty frying basket in the hot fat, then fill with the croquettes, taking care that there are not enough to touch each other or the sides of the basket. When cooked drain on crushed unglazed paper. Heat the fat before attempting to fry a second batch. See illustrations on pages 18, 19 and 20.

Somerset Croquettes

Melt three tablespoons of butter, add one-fourth cup of flour, and pour on, gradually, while stirring constantly, two-thirds cup of milk. When the boiling point is reached, add one-half cup of

grated Gruyere cheese, and the yolks of two eggs unbeaten. As soon as the cheese melts, remove from the range, fold in one cup of mild cheese, cut in very small cubes, and season with salt and cayenne. Spread in a shallow pan and cool, shape in round croquettes, dip in crumbs, egg and crumbs again, fry in deep fat and drain on brown paper.

Lentil Croquettes

Soak over night one cup of dried lentils and half a cup of dried red beans. Drain, add two cups of water, half an onion, a stalk of celery, a small carrot sliced and two or three sprigs of parsley. Cook until soft, remove seasonings and rub through a sieve. Add one cup of soft bread crumbs, one beaten egg, salt, pepper and lemon juice to taste. Cream together two tablespoons of flour and two tablespoons of butter, pour on gradually two-thirds of a cup of cream, bring to the boiling point and add to the lentil mixture. Mix thoroughly, cool, shape, dip in crumbs, in egg and again in crumbs, and fry in deep hot fat. Drain and serve with brown tomato sauce.

Croquettes a la Josephine

Mix thoroughly two cups of mashed sweet potatoes, four tablespoons of melted butter, four tablespoons of cream, one tablespoon of chopped parsley, one-half teaspoon of salt and a little cayenne; add the beaten yolks of two eggs to this and stir over the fire until the mixture leaves the sides of the saucepan, then set it aside to cool. Chop finely one cup of the dark meat of cold turkey, mix with it a little of the brown sauce with which it was served when roasted, and form into small balls. Surround these balls with the sweet potato mixture, about one tablespoon to each, making larger balls of uniform size. Egg and bread crumb them and fry in deep fat. Serve on a napkin garnished with parsley and accompany with a white or cream sauce flavored with a teaspoon of Worcestershire.

Sweet Potato Croquettes

Mash and sift cold cooked potatoes to the amount of two cups, add two beaten egg yolks, one-half teaspoon of salt and enough cream to make them

soft enough to form into croquettes, roll in crumbs, egg, and crumbs again, and fry in hot fat.

Macaroni Croquettes

Cook macaroni in boiling salted water until tender; drain, cool and cut fine. Make a thick sauce of two tablespoons of butter and four tablespoons of flour and a cup of milk, add one cup of macaroni, a heaping tablespoon of grated cheese, the beaten yolks of two eggs and salt and pepper to season. Cool, shape, egg and crumb and fry in deep fat. Serve with tomato sauce.

Italian Croquettes

Have ready a cup of finely chopped and cooked vermicelli. Make a sauce of a fourth of a cup each of butter and flour and a cup of strained cooked tomatoes. Add a fourth of a cup of chopped mushrooms, the vermicelli, and season highly with salt and paprika. Cool, shape and fry as other croquettes.

Chupe

Cut a medium sized onion small and fry in a tablespoon of lard (this is a South American recipe—drippings may be substituted if preferred); do not let it brown; add two tomatoes cut in dice (whole tomatoes from a can may be used in lieu of fresh ones), a tablespoon of finely minced parsley and half a teaspoon of salt. Now add six potatoes pared and cut in halves, with sufficient water to cover, and cook five minutes; add two tablespoons of washed rice and simmer twenty minutes, or till rice and potatoes are done; just before serving beat one egg in a cup of milk and stir slowly into the hot ragout; remove from the fire and break in a small five-cent cream cheese.

Fried Nuts

Cold cooked farina, oatmeal or mush of any kind may be utilized. Season highly while hot with butter, salt and pepper, and when cold enough to handle shape the size of small walnuts. Dip in beaten egg, then in crushed walnuts, and fry in deep fat.

Celery Rolls

Select six rolls, cut from the top a round piece the size of a silver dollar, and scoop out the soft part; when ready to

serve, fill with the following mixture: Chop very fine sufficient celery to make a pint. Dust over a teaspoon of salt, a saltspoon of pepper, a tablespoon of grated onion, two tablespoons of tomato ketchup, four tablespoons of olive oil and one teaspoon of lemon juice. Serve very cold. The filling may be varied by the addition of a little cold chicken cut in dice, or some finely minced boiled tongue.

Hash in a New Dress

Chop fine scraps of beef or mutton, cooked or uncooked, to the amount of about a pint, season with salt and pepper, and pour on a cup of hot water. Let boil for a few minutes, thicken with a little flour, then place in shallow granite pan ready for the oven. Now take two good-sized onions, chop them fairly fine and boil until tender. Drain and spread them over hash, then make a dressing of a half-pint of bread crumbs, one egg, well beaten, two tablespoons of melted butter, salt, pepper and a little sage. Mix thoroughly and spread on top of the onion in the dish. Bake in a moderate oven twenty minutes.

Steak with Tomato

This is a good way of cooking a cheap cut of steak. It is nicest cooked in a casserole in the oven, but, as that is very expensive when one has a gas stove, we do it usually in a tightly covered frying pan on top of the stove. One pound round steak, three-quarters can tomato, one small onion, salt, red and black pepper to taste, one-half bay leaf. Put all together in a frying pan or casserole and cook slowly three hours. Cooking fast absolutely spoils it.

Swedish Cabbage

Boil in salted water for twenty minutes a dozen good sized cabbage leaves. Drain them and fill with a mixture of one pound of raw beef chopped fine, one egg, two tablespoons of cream, one-half teaspoon of black pepper, one teaspoon of salt and chopped parsley. Rub the dish in which you mix this with a clove of garlic. Mix all together thoroughly. Roll each leaf around a tablespoon of this mixture, trim the ends neatly and tie or skewer. Lay in a dripping pan with a pint of stock or a tablespoon of butter and a pint of water, baste frequently and bake

for half an hour or until tender. Remove the rolls, thicken the gravy, pour over them and serve hot.

Pork Scallop

Put a layer of cold boiled pork, chopped fine, in a buttered ramekin; season with salt, pepper and minced onion, then strew over it a layer of cracker crumbs, and moisten with milk. Add another layer of meat, and so on until the dish is filled, finishing off with a layer of the crumbs. Cover closely and bake. Ten minutes before it is done uncover and let brown. Serve with onion sauce.

Game in Potato Cases

Pare and slice five or six medium-sized potatoes, and drop into ice water for an hour's crisping; drain and cook in salted water. When done drain and shake in a current of air until dry and floury. Run through a vegetable press and whip into them a quarter cup of butter, two tablespoons of cream, beaten with two egg yolks and a light dusting of white pepper. Whip until thoroughly mixed and fluffy, then line small molds which have been brushed with butter and dusted with sifted dry bread crumbs. Melt over the fire a tablespoon of butter creamed with a tablespoon of flour, add a cup of stock, brown or white, a bay leaf, a dusting of salt and paprika, a cup of finely minced cold game, and a teaspoon of lemon juice. Simmer for ten minutes, remove the bay leaf and fill the center of each mold; lay on a fine fat oyster, lightly parboiled, and spread a layer of potato over the top; stand in a baking pan and bake in a moderate oven for fifteen minutes. Turn from the molds and serve with mushroom sauce. These little cases make a delicious entree.

Quail Pates

These can be served hot as a second course at a formal luncheon, or they can be served cold at a theater supper, and are equally good either way. Line small pate pans with good pastry, fill with rice, adjust a top of pastry to each and bake. Remove the lid of crust and set aside, empty out the rice and remove the pastry shells from the pans. Chop fine the best of the meat, and reserve; take the bits and oddmeats left, break

the bones small, cover to level with cold water and set to simmer for an hour. Make a forcemeat of the livers of the quail if at hand, if not use chicken livers, rub through a sieve, and to three tablespoons add the same quantity of chopped boiled ham, the yolks of two hard cooked eggs, a teaspoon of minced onion and a teaspoon of chopped celery. Strain the stock, season with salt and pepper and a teaspoon of Worcestershire sauce. In the bottom of each pastry shell place a morsel of finely shredded fat bacon, on this put a layer of the quail meat, next a fat plump oyster, cover with the forcement, and moisten with the stock; replace the pastry cover and set in a moderate oven for twenty minutes.

Tongue Fingers

Grate the remains of a cold tongue very fine and mix it with the yolk of an egg, a spoonful of cream and finely chopped parsley, pepper and salt. Heat it thoroughly and pour on narrow slices of well buttered toast. Sprinkle thickly with fine bread crumbs stirred in melted butter, with a shake of red pepper, and brown quickly in a hot oven.

Kidney Relish

Split kidneys in two, remove the fat and outer skin and chop fine. Slightly brown some chopped onion in a tablespoon of butter and add a little chopped parsley, then a tablespoon of Worcestershire sauce, a sprinkling of flour, and stir in the finely chopped kidneys with salt and pepper to taste. Spread on thin slices of buttered toast, cover with a layer of bread crumbs and Parmesan cheese and place in a quick oven for fifteen minutes, then serve at once.

Yorkshireman's Delight

A Yorkshire pudding is known only as a delicious accompaniment to roast beef. Try placing good plump sausages or slices of sausage meat in a large dripping pan, pouring the batter over them, and baking in a hot oven for thirty minutes. The batter is made with two cups of flour, a teaspoon of salt, three eggs, well beaten, and two cups of milk.

Stuffed Squash

Those who are in the way of procuring the small, average-sized squashes (known particularly as "individual" squashes) will find the following a palatable luncheon dish or entree. Parboil the squashes for fifteen minutes, drain, cut off a small portion of the top and remove the seeds, fill with a forcemeat, replace the covers and bake in a moderate oven an hour. To make forcemeat for five squashes brown a pint of diced stale bread in two tablespoons of butter and fry crisply brown. After cooling add a teaspoon of minced onion, two hard cooked eggs chopped fine, half a cup of blanched chopped nut meats, two tablespoons of grated cheese, half a teaspoon of salt, a dusting of paprika and two beaten egg yolks. Mix well together, slightly crushing the bread cubes.

Sweet Potato Timbales

To one cup of cooked and sifted sweet potatoes add two beaten eggs, three tablespoons of cream, two tablespoons of melted butter, one-half teaspoon of salt and a dash of white pepper. Mix thoroughly and turn into buttered timbale molds. Bake in a pan of hot water in the oven until the centers are firm. Serve turned from the molds and garnished with parsley.

Squash and Almond Croquettes

Remove the seeds from a Hubbard and bake in convenient-sized pieces, then run the pulp through a ricer. To each pint add two tablespoons of melted butter, a beaten egg, a half teaspoon of salt and half a cup of blanched, chopped and pounded almonds. Form into croquettes, egg and crumb and fry in deep fat.

Migas

Break small a pound loaf of stale bread and soak in cold water; fry a small sliced onion a light brown in two tablespoons of very hot lard; add two tomatoes cut very small and one red pepper chopped fine with some salt; squeeze the bread dry and let it stew with the onion and tomatoes for ten minutes; add a small cream cheese broken small and dish on a flat platter, laying one poached egg for each person on the top. It is both good and economical.

Puddings

Plum Pudding

Clean one pound of currants by washing in warm water, dry on a towel, pick them over, toss them in flour and put them in a big mixing bowl. Add one pound of raisins, stoned, slightly chopped and floured, then half a pound of brown sugar, one pound of finely chopped suet, four ounces of chopped citron, four ounces of chopped lemon peel, four ounces of chopped orange peel, one teaspoon of salt, one grated nutmeg, one teaspoon of ginger, one teaspoon of cinnamon, half a teaspoon of cloves, half a teaspoon of allspice and four ounces of split blanched almonds, one and a half pounds of flour and one and a half pounds of stale bread crumbs. Toss these dry ingredients thoroughly, then add eight well beaten eggs, and milk enough to make a very stiff batter. One secret of success is that the batter be very well stirred. Take a square piece of strong drilling, dip it in boiling water, then rub it on one side full of flour. This forms a crust on the cloth which the water or steam cannot soak through. On the floured side lay an enameled bowl well buttered. Turn the pudding into this and cover with buttered paper. Gather the cloth together loosely, allowing one-quarter of space for the pudding to swell, set the pudding on a trivet in a kettle of boiling water, having the water come only half way up the side of the bowl, as the pudding should be steamed, not boiled. Let the water boil for six hours, keeping it replenished from the teakettle; if it stops boiling for one minute the pudding will be sticky. See illustration on page 21.

Plain Plum Pudding

Four ounces of suet, four ounces of currants and raisins mixed, two tablespoons of brown sugar, two tablespoons of molasses, one egg, half a teaspoon of soda dissolved in half a cup of warm milk, and enough flour to make into a good, stiff batter. Steam two hours.

Ginger Pudding

Mix together four ounces each of bread crumbs, suet and preserved ginger, with two well beaten eggs. Add two tablespoons of ginger syrup and steam three hours.

Date Bread and Butter Pudding

Cut half of a small loaf of white bread into thin slices, trim off the crusts, and spread each with butter and a thin layer of quince or apple jelly. Line a buttered pudding dish with them, and spread over half a cup of cleaned dates, stoned and cut in small pieces. Then put in another layer of the spread bread, and another half cup of dates. Finish with the bread simply buttered. Cover with a custard made with one quart of milk, three eggs, half a cup of sugar and a pinch of salt. Pour it slowly over the bread, and let it stand half an hour. Bake in a moderate oven about one hour. Serve with sweet sauce or cream and sugar.

Indian Rice Pudding

To two quarts of milk add two tablespoons of uncooked rice, one-half a cup of molasses, one-fourth teaspoon of salt. Bake in a buttered dish, in a slow oven for four or five hours, stirring occasionally.

Date Suet Pudding

Stone and cut small one pound of dates. Chop six ounces of fresh beef suet and mix with it three-quarters of a pound of fine bread crumbs. Sprinkle a scant cup of sugar over the dates, and add them to the crumbs and suet. To one well beaten egg add half a cup of milk, and stir it into half a cup of flour sifted with a level teaspoon of baking powder. Mix all well together, turn into a mold and steam three hours. Serve with lemon sauce.

Lemon Rice Pudding

Boil a cup of well washed rice in a quart of milk until very soft. Add to it while hot the beaten yolks of three eggs, the juice and grated rind of two lemons, eight tablespoons of sugar and a pinch of salt. If too thick add a little milk. It should be rather thicker than boiled custard. Turn it into a pudding dish, beat the whites of the eggs very

stiff with six tablespoons of powdered sugar, spread over the top and brown delicately in a slow oven.

New England Prune Pudding

Stew one pound of prunes until soft, sweetening them to taste, and adding a few slices of orange. Arrange squares of toasted whole wheat bread, buttered and sprinkled with allspice, in the bottom and around the sides of a baking dish; then pour in the prunes boiling hot, cover the dish so that the steam may not escape, and let it cool gradually. When ready to serve, cover the top with boiled frosting garnished with squares of apple jelly.

Baked Apple Dumplings

Cut a short pie crust into five or six-inch squares. In the center of each place a pared and neatly cored apple, filling the space with sugar and cinnamon, if liked, also a clove. After wetting the edges of the pastry with white of egg, fold it over the apple, pinch and flute them to look well, and encase the apple completely. Bake from thirty to forty minutes, toward the last brushing the top with white of egg and dusting with a little sugar. Serve with hard sauce.

Cranberry Pudding

Sift together one pint of flour, half a teaspoon of salt, and three teaspoons of baking powder. Add milk to make a soft batter, stir in one cup of stiff rich cranberry sauce, and steam for one hour and a half. Serve with a cranberry sauce made as follows: Into one quart of boiling water stir one pint of granulated sugar, and cook over the fire until thoroughly dissolved. Then add one quart of sound crushed cranberries, cook for five or ten minutes, strain through a colander to remove the skins, and serve at once.

Gooseberry Souffle

Boil one quart of fine gooseberries in just enough water to keep from burning. When soft press through a sieve. Beat in the whites of five eggs which have been whipped to a stiff froth with half a pound of powdered sugar. Flavor with nutmeg and lemon. When very stiff whip lightly in the stiffly whipped whites of three more eggs, and set the dish in a hot oven for five minutes before serving.

Maple Shortcake

Mix and sift together two cups of flour and a level tablespoon of baking powder. Rub in one-half cup of butter and mix to a soft dough with milk. Spread the mixture evenly over two buttered pie-pans, brush with melted butter and bake in a quick oven. Put together as layer cake and spread between and on top with

Maple Cream Filling

Cook three-fourths of a cup of maple syrup and a tablespoon of butter until it spins a thread, then pour gradually into the stiffly beaten whites of two eggs. When the mixture is smooth, add half a cup of cream beaten until stiff and a few drops of vanilla.

Lemon Snowballs

Beat the yolks of three eggs until very light; add gradually one cup of granulated sugar, three tablespoons of water, the grated yellow rind of one lemon, two tablespoons of lemon juice, and one cup of flour in which has been sifted one level teaspoon of baking powder. Then fold in the stiffly whipped whites of the eggs, and pour the batter into fifteen little buttered cups. Steam for half an hour, then turn out, roll in powdered sugar, and serve with lemon or almond sauce.

Turnovers

One cup of brown sugar, one cup of lard, one egg, two cups of oatmeal, one cup of sour milk, one teaspoon of soda, one teaspoon nutmeg, salt and white flour enough to roll out thin. Cut with a thin cooky cutter. Fill with jam or jelly, turn over and bake.

Stuffed Apples

Take good firm cooking apples, cut off the blossom end, scoop out the core, fill in with chopped pecans, two teaspoons of sugar to an apple and a teaspoon of brandy. Put in a pan with a little water and bake until done, but not out of shape. Just before serving press down into the apples half a dozen brandied cherries to each apple.

Good Friday Pudding

One and one-half cups of bread crumbs and the same quantity of chopped apples; one cup of raisins and

three eggs. Put in buttered dish and steam one and one-half hours. Serve with warm sauce flavored with lemon and brandy.

Indian Pudding (Enough for five people)

Scald one quart of milk in a double boiler; while it is heating, take six tablespoons of Indian meal, and stir it up with one large cup of molasses, mixing it in the buttered baking dish, which should be a small stone jar, or an earthen pan, deep, and shaped like a flower pot. When stirred smooth, add the scalded milk, stirring well. It will look very thin, almost as if there were no meal in it. Then scatter some small bits of butter over the top, place jar in a moderate oven and bake three or four hours. When done it will be of a somewhat jelly-like consistency, with some whey and some clotted cream. Turn it out into a pretty dish and serve with plain cream.

Rice with Fruit Sauce

In a double boiler, steam one-half cup of rice in one pint of milk, season with salt. Stone one cup of raisins, boil until tender and add one-half cup of chopped citron. From the water in which the raisins were stewed make a syrup with one-half the quantity of sugar. Boil sugar and water five minutes, add two tablespoons of cornstarch and boil ten minutes, stirring constantly. Strain, add two tablespoons of butter, flavor with sherry to taste and stir half the sauce into the rice. Stir the cooked fruit and two or three sliced bananas into the rest of the sauce and pour over the pudding.

Gooseberry Pudding (boiled)

Line a pudding dish with rich biscuit crust rolled out half an inch thick. Fill with uncooked gooseberries, liberally sprinkled with brown sugar, and cover with a top crust. Pinch the edges of the crusts well together, tie over it a floured cloth, and boil for two and a half hours in water which must not cease boiling from the moment the pudding is put in until it is done. Serve with sweet sauce.

Orange Date Pudding

Place two tablespoons of grated orange rind in a measuring cup and fill the cup with mashed, stoned dates, cut in small pieces. Add two cups of grated bread crumbs, three-fourths cup of

sugar and one egg beaten with one cup of milk. Let it stand a few minutes, then add one and one-fourth cups of flour, sifted with two teaspoons of baking powder. Mix all together, pour into a buttered mold and steam for two hours. Serve with orange sauce.

Bancroft Pudding

Cream four tablespoons of butter and one cup of sugar and add one well-beaten egg. Sift one and one-half cups of flour with one-half teaspoon of salt and one teaspoon of baking powder. Add one-half cup of the flour to the first mixture and beat thoroughly, then add the rest of the flour and one-half cup of milk, alternately. Finally beat one-fourth of a square of chocolate into the batter and bake thirty minutes in a moderate oven.

Marmalade Rice Cups

Pour into small timbale molds sufficient cooked rice to nearly fill them; allow them to cool and with a sharp-pointed spoon scoop out the center of each (this rice may be used for rice cakes or muffins), unmold and place in a baking pan, brush over the cups with melted butter and crisp in a hot oven for ten minutes until well browned. Meanwhile prepare a rich orange marmalade by peeling six oranges, boil this rind in water for two hours, changing the water three times to remove a little of the bitter taste, cut the orange pulp in small pieces and take out the seeds, adding the cooked rind sliced in chips. Boil the weight of the oranges in sugar with a half pint of water to form a clear syrup, stir in the rind and pulp and boil for thirty minutes until rich and thick. Pour this while hot into the warm rice cups and serve accompanied by a custard sauce.

Strawberry Shortcake

To one pint of rich buttermilk add one even teaspoon of baking soda and beat well; stir in half a teaspoon of salt and enough graham flour to make a batter rather stiffer than cake batter; pat into two thin cakes and bake in a brisk oven. If you object to this amount of crust lay one on top of the other to bake, with bits of butter between. Have ready a quart of strawberries sweetened and mashed. Pull the cakes apart, but-

ter and spread the fruit between and on top. Eat with plenty of rich, sweetened cream.

Pineapple Shortcake

Sift together one quart of flour, one teaspoon of salt, three teaspoons of baking powder, add two-thirds of a cup of butter, work it lightly through, and wet it with cold milk as soft as can be handled. Roll it, spread with melted butter, and bake to a light, golden brown. Lift off the top layer, spread it with butter and put the pineapple between the two layers and on top. Whip a pint of rich cream with a tablespoon of powdered sugar and heap it over the top.

Creamy Rice Pudding

To five cups of milk in a flat baking dish add one-third cup of sugar, one-quarter cup of washed rice, two teaspoons of cinnamon and one-half teaspoon of salt. Bake eight or nine hours., stirring occasionally at first.

Bread Pudding

One cup of sour milk, two cups of bread crumbs, one cup of flour, one-half cup of butter, one cup of chopped raisins, one small cup of preserved strawberries, one cup of sugar, two eggs, one teaspoon of soda, one teaspoon of cinnamon. Mix sugar and butter to cream; soak bread in milk with soda, mix and add the other ingredients. Steam two hours. Serve with whipped cream.

Almond Pudding

Soak one cup of soft bread crumbs in three cups of cream; stir in three tablespoons of melted butter, half a pound of sweet almonds, blanched and pounded to a paste with two teaspoons of rosewater, the yolks of seven and the whites of three eggs; sweeten with half a cup of sugar, and stir over the fire until thick. Butter a pudding dish, pour in the ingredients and bake half an hour. When cold cover with a meringue made of the remaining whites and four tablespoons of sugar, and place in a cool oven until lightly browned. Serve cold, in the dish in which it was baked, accompanied by a fruit sauce.

Cold Desserts

Lemon Cream

Make a custard with one pint of thick sweet cream, the well-beaten yolks of three eggs, four tablespoons of sugar, and the thin yellow rind of a lemon. Remove from the fire, and stir until cold, or nearly so. Put the juice of a lemon in a glass dish, pour the cream upon it, and stir thoroughly. Serve very cold with delicate cake.

Maple Custard

Beat well the yolks of three eggs, add a third of a cup of rich maple syrup and gradually two cups of hot milk. Cook, surrounded by boiling water, stirring constantly until the mixture commences to thicken. Chill and add one-half teaspoon of vanilla extract. Beat the whites of eggs to a stiff froth, add a fourth of a cup of sugar, turn into a buttered mold, cover and cook, surrounded by boiling water, for twenty minutes. Cool in the form, then unmold and chill. Serve the custard in a glass dish, place the meringue on top of the custard and sprinkle with grated maple sugar.

Prune Sponge

Heat the juice of two lemons and half a cup of sugar, add the yolks of three eggs, and cook over hot water until thick; then stir in half a package of gelatine that has been dissolved in a little warm water, and fold in the beaten whites of three eggs. Pour into a fancy border mold, and set on ice to harden. When cold turn out and fill the center with jellied prunes. Serve with sweetened whipped cream flavored with powdered cinnamon.

Rice Custard

Soak half a cup of cold cooked rice in a pint of hot milk until the grains separate. Add the yolks of two eggs beaten with two tablespoons of sugar, a pinch of salt and a teaspoon of lemon extract. Bake to a soft custard, then cover with a meringue made with the egg whites and four tablespoons of powdered sugar. Serve cold.

Pompadour Rice

To a cup of cold, well-cooked rice add a cup of whipped cream, half a cup of chopped pineapple, sugar to taste and if liked a dash of rum. Serve very cold in punch cups, with a candied cherry on each one. This is equally good made with ginger preserved in syrup instead of pineapple.

Glorified Rice Pudding

Bake in a slow oven for two hours, two tablespoons of rice, one quart of milk, sugar to taste, and a little vanilla. Stir occasionally during the first hour. When cold beat in one-half pint of whipped cream. Serve very cold in glass dishes, with fruit.

Rice Dessert with Chocolate Meringue

Cook one-quarter of a cup of well washed rice in a double boiler with one pint of scalded milk and one-third of a teaspoon of salt. Add one level tablespoon of butter, one-third cup of sugar, one square of chocolate melted, half a cup of seeded raisins, and one teaspoon of vanilla. Cut and fold into the mixture the stiffly whipped whites of two eggs and half a cup of whipped cream. Pour into a buttered pudding dish and cover with a meringue made with the whipped whites of three eggs, and six tablespoons each of powdered sugar and grated chocolate. Brown in a moderate oven.

Prune and Rice Meringue

Prepare a rice croquette mixture, by cooking a cup of rice in salted water and adding to it, while warm, a tablespoon of butter, one well beaten egg, a teaspoon of vanilla and two tablespoons of sugar. Spread this on the bottom of a platter, and cover it with a layer of stewed prunes; continue alternating the layers, and making each succeeding one slightly smaller, until the rice is all used, so that the dish may be pyramidal in form. Sprinkle lightly with powdered sugar and cover with a meringue made from the whites of two eggs and a cup of confectioner's sugar. Place in the ice box until ready to serve and garnish with small pieces of crystallized ginger.

Rice with Dates

Cook a cup of rice in a double boiler with a pint each of milk and water until soft. Sweeten to taste, and flavor with vanilla or lemon. Stone enough dates to make a cup and stew until tender with half a cup of sugar and one cup of water. Set aside until cold; then turn out the rice in the center of a dish and pour the dates around it. Serve with or without whipped cream.

Maple Charlotte Russe

Soak a level tablespoon of granulated gelatine in a fourth of a cup of cold water until softened; then add three-fourths of a cup of hot maple syrup. Stir until the gelatine is dissolved; strain and cool. Before it commences to thicken, whip a pint of rich cream until stiff and dry, then add to it the gelatine mixture, folding it in carefully by the spoonful to keep it from lumping. Lastly add a few drops of vanilla. Turn into cups or one large mold rinsed in cold water. Chill thoroughly and serve with sponge or angel cake. To make a very rich pudding of the mixture stir through it the last thing a cup of mixed fruit and nuts cut fine, as raisins, candied fruit, figs and pecans, almonds or walnuts. Garnish and serve with whipped cream.

Orange Trifle

Peel and quarter three large sweet oranges, removing the seed; beat in a granite saucepan two cups of thin cream, sweetened with two tablespoons of sugar, and when just at the boiling point stir in a scant tablespoon of cornstarch moistened with a very little cold water; allow this to boil for a moment and add a teaspoon of butter, a few drops of lemon juice and a tiny pinch of cinnamon. Arrange in the bottom of an ornamental baking dish a layer of oranges; sprinkle with powdered sugar and grated cocoanut; pour over this a layer of the cornstarch custard and continue in alternate layers until the dish is nearly filled; place in a moderate oven and bake slowly for thirty minutes. Cover when cooked with a meringue made from the whites of two eggs beaten with a tablespoon of confectioner's sugar, returning to the oven to brown slightly. Decorate with quarters of glace orange.

Ginger Mousse

Boil half a cup of sugar and a fourth of a cup of water until it spins a thread; pour slowly upon the stiffly beaten whites of two eggs and whip until cold; then fold in a cup of whipped cream and a cup of finely chopped preserved ginger. Pour into a melon mold and cover with ice and rock salt, allowing it to ripen for three or four hours before serving. Serve with a sauce made from the syrup of the preserved ginger, slightly thickened.

Gooseberry Sponge

Soak one-half box of gelatine in half a cup of cold water for one hour. Cook one quart of gooseberries in a very little water until soft. Press them through a sieve, and sweeten with half a cup of sugar. Boil one cup of sugar with one cup of water for twenty minutes. Add the soaked gelatine to the boiling syrup, and stir until it is all dissolved. Remove from the fire and add the gooseberry pulp. Turn into a bowl and set this in a pan of cracked ice. Whip with an egg beater for five minutes or until it begins to thicken. Then beat in the stiffly whipped whites of four eggs, and whip until it is quite stiff. Pour into wetted molds and set on ice. When time to serve turn out on a glass dish and serve with whipped cream.

Raspberry Charlotte

Pick over a quart of red raspberries and cook in a heavy sugar syrup until tender; pour boiling hot by degrees over a mound of ladyfingers attractively arranged in a standard glass dish; cover with an inverted china bowl, allowing it to remain until cool. Garnish with stars of sweetened whipped cream, and accompany with iced eggnog sauce.

Orange Food

Peel and carefully remove the skin from six large oranges; cut them in slices and place in the double boiler with a tiny pinch of baking soda and a cup of sugar (more if the oranges are very tart), cook for twenty minutes, and press through a sieve. Allow this to become thoroughly chilled in the ice box, and at serving time add the stiffly whipped whites of two eggs beaten with two tablespoons of sugar and then very gradually half a pint

of whipped cream. Arrange on a large round of sponge cake, with ladyfingers inclosing the sides, fastened in place with a little orange frosting; each finger surmounted by a crystallized cherry.

Date Mold

Wash and soak a pound of dates in four cups of cold water for two hours. Drain off the water, strain it, and put it into a saucepan with one and one-half cups of granulated sugar. Stir until the sugar is dissolved. Stone the dates and add them to the syrup. Cook until they are tender. Just before removing from the fire stir in half a box of gelatine soaked in half a cup of cold water for half an hour, and the juice of one lemon. Stir over the fire until the gelatine is all dissolved, then turn into a wetted mold and set in a cold place to harden for at least twelve hours. Serve with whipped cream garnished with walnut meats heaped round the base of the mold.

Banana Snow

Peel and cut in small pieces three bananas; sprinkle with a teaspoon of lemon juice and half a cup of powdered sugar; allow it to stand half an hour in the ice box, then mash with a wooden spoon and break in the white of one egg, beating with a Dover egg beater until light and fluffy. Select a deep wide bowl for this purpose, as the mixture increases surprisingly, and when quite thick fold in a cup of whipped cream and two tablespoons of grated cocoanut; pile lightly in sherbet glasses, and serve very cold, with a tablespoon of iced fruit sauce poured over each portion. The sauce is easily prepared by slightly thickening the juice of any preferred fruit with a little arrowroot, then sweetening it to taste; a subacid fruit is the best for this purpose.

Lemon Blancmange

To one-third of a cup of lemon juice add two-thirds of a cup of orange juice and one cup of water. Bring to the boiling point, then add three tablespoons of cornstarch mixed smooth in a little cold water, a pinch of salt and three tablespoons of sugar. Let boil slowly for ten minutes, stirring all the time, then add the whites of three eggs beaten to a stiff snow. Stir well, remove from

the fire, and pour into a wetted mold. Serve cold with a custard made with the yolks of the eggs, one pint of milk, two and one-half tablespoons of sugar, and half a teaspoon of lemon extract.

Date Blancmange

Flavor a quart of plain blancmange with vanilla, stir in two cups of stoned dates, pour into a mold and set on ice. When cold turn out, and cover with whipped cream or the stiffly whipped whites of two eggs. Decorate with halved English walnut meats.

Marshmallow Cream

Whip a half pint of cream, sweeten, and set away on the ice. Cut in small pieces one orange, two bananas, five cents' worth of marshmallows, and a half cup of walnut meats. If desired, add two tablespoons of preserved pineapple. Beat the chopped fruit and candy lightly into the cream, put in sherbet glasses, add a cherry for ornamentation, and serve at once.

Maple Mousse

Whip one quart of cream until quite thick. Beat the yolks of three eggs in another bowl until light and add gradually one cup of maple syrup. When the two are well mixed, whip them gradually into the cream. Pour the whole into the freezer or can, without the dasher, or into a mold. Pack in ice and salt, and let it stand three hours.

Fruit Snow

Drain the syrup from a quart of canned fruit, bring it to a boil and add two level tablespoons of cornstarch, then beat in the pulp of the fruit, and lastly the well beaten whites of two eggs. Pour into mold, cool, and serve with whipped cream. It is even more delicate if half the whipped cream is folded in before serving. Any fruit can be used.

Fig and Banana Mousse

Slice equal quantities of figs and bananas, sprinkle with powdered sugar, and place in a mold half full of whipped cream. Pack in ice and salt for two hours before serving. The quantity of each ingredient may vary according to supply at hand and as long as the mold is full to running over the mousse

will be equally satisfactory. It is delicious and may be served with or without cake. I usually serve it alone for dinner, with cake for a formal luncheon.

Pineapple Sponge

To a quart of pineapple jelly, which has stiffened to a syrupy consistency, add the stiffly beaten whites of three eggs. Beat together until the surface will hold a drop of the mixture, turn into eggshells from which one end has been cut, having first moistened them with ice cold water. When the sponge is firm, remove the shells and serve in a bed of whipped cream with a garnish of candied cherries.

Jelly Surprise

Melt four tumblers of green grape jelly over hot water. Add to one small box of gelatine dissolved in one-half cup of hot water. Strain the syrup from a can of pineapple and line a ring mold with pieces of pineapple, fill the mold half full of the gelatine mixture, and put on ice to harden. When stiff add more pineapple and liquid jelly, finishing with the pineapple. Turn into a flat dish, fill the center with whipped cream and serve with wafers.

Grape Surprise

One pint of grape juice, one ounce of gelatine, one cup of sugar, one lemon, Malaga grapes, one-half cup of powdered sugar. Grate the rind of a lemon and mix it with powdered sugar. Dissolve sugar and gelatine in the grape juice, adding the juice of the lemon. Set to harden. Remove skins and seeds from enough Malaga grapes to fill a cup. When the jelly begins to thicken, stir in the grapes and pour into a mold. Serve with cream and the prepared sugar.

Prune Jelly

Make a wine or fruit jelly. Remove the stones from large, stewed prunes, place them in a glass dish, pour over them the jelly, chill on ice and serve with whipped cream.

Strawberry Trifle

Line a glass dish with alternate layers of macaroons and sugared strawberries. Make a custard of the yolks of three eggs, a fourth of a cup of sugar and one and a half cups of milk. Cool and

pour over the contents of the dish. Whip the whites of the eggs very stiff, put into a buttered pudding dish, cover and cook over hot water for twenty minutes. When cold, turn out on to the custard in the dish and sprinkle with powdered macaroons. Serve very cold.

Gooseberry Trifle

Stew and pulp the gooseberries as directed for gooseberry fool, and add while warm, one tablespoon of butter to every quart. Add the well-beaten yolks of four eggs, and two cups of powdered sugar. Put in small glasses, filling them nearly full. Make a meringue with the whites of the eggs and four tablespoons of sugar, and when the fruit is thoroughly chilled heap it on top of the glasses.

Gooseberry Fool

Stew one quart of gooseberries in the smallest possible amount of water. When soft, rub them through a sieve to remove the skins. Press hard so that every bit of the pulp will go through. Add sugar to make as sweet as desired, and to every pint of pulp add very slowly one pint of cream or rich milk. Serve very cold with delicate cake.

Duchess Prunes

Fry diamonds of graham bread in hot fat until a golden brown; drain and place on a platter. Prepare a pound of prunes, by soaking in cold water over night; in the morning cook them in lemon syrup until tender, remove from the fire, and stir into the syrup a tablespoon of currant jelly and the stiffly beaten white of one egg. Chill and in the center of each piece of fried bread place a heaping tablespoon of the prepared prunes and cover thickly with chopped pistachio nuts.

Apples in Maple Syrup

Cut eight apples in halves and remove the cores, put in a saucepan with one cup of maple syrup, two tablespoons of butter, one and one-half cups of water. Bake until the syrup is thick. Serve cold with whipped cream.

Fig Pudding

Cook one cup of graham flour in two cups of salted boiling water, in a double boiler, until free from raw taste; then

add one-half pound each of chopped figs and English walnuts cut in quarters. Cook three-quarters of an hour. Chill and serve cold with whipped cream.

Dresden Chocolate Crumbs

Mix one cup of stale bread crumbs, one-half cup of grated unsweetened chocolate, two tablespoons of sugar, and one-fourth teaspoon of salt. Put in a pan and bake in a moderate oven until chocolate is melted and crumbs are thoroughly heated. Fill individual paper cases two-thirds with the mixture and top with whipped cream sweetened and flavored with vanilla.

Banana Dessert

A delicious dessert of bananas is made by splitting the bananas in two lengthwise; spread each inside strip with orange marmalade, put together with a thin slice of sponge cake or even light, new white or entire wheat bread. Lay the sandwiches on a pretty glass dish and cover them with whipped cream which has been sweetened and flavored with almond extract. A few blanched and chopped almonds mixed with the cream are no detriment.

A Dainty Dessert

First a slice of fresh pineapple, then a slice of orange, and on top of this a mold of wine jelly. This is surmounted by whipped cream and the whole surrounded by tutti frutti sauce. Small squares of unfrosted sponge cake should be served with this.

Cream Dates

Clean, drain and dry the dates, stone, and cut them in small pieces. Spread one cup of these on a platter and sprinkle with lemon juice. Prepare two cups of sweetened whipped cream, fold in the stiffly whipped whites of two eggs and stir in carefully the pieces of date. Pile lightly in a glass dish, keep very cold until time to serve. and serve with it a delicate nut cake.

Apple Compote and Orange Marmalade

Boil one dozen tart apples in one quart of water until tender. Strain through a jelly bag, add one pound of granulated sugar and let boil. While boiling, drop into it one dozen apples, cored and pared. When the apples are tender, drain them

carefully on a preforated skimmer. Boil the syrup until a jelly. Fill the apples with orange marmalade, pour over these the thickened syrup and serve with whipped cream.

Prunes and English Walnuts

Cut equal quantities of stewed prunes and English walnuts into thirds. Do not chop as they will not look well. Serve in sherbet glasses with whipped cream.

Prunes on Toast

Put slices of stale bread on a plate in the oven until nicely brown and crisp. Remove, and butter slightly. Lay on a small platter and pour over them stewed prunes, sweetened to taste. Heap whipped cream on each slice of toast and serve at once.

Ices and Frozen Desserts

Ices are merely fruit juices diluted with water, and sweetened. Sherbets and punches imply the use of alcoholic liquor and spices, though the former is now commonly omitted. Ices, sorbets and punches are frozen to a soft, smooth mush and usually served in the middle of the dinner before the game and salad courses.

Sherbets are punches or ices to which white of egg or gelatine is added and the freezing continued until smooth and stiff. Frappes and granites, as their names imply, are frozen to a granular mush with equal measures of salt and ice.

Ice creams may be of two kinds. So-called Philadelphia ice cream is merely a thin cream sweetened and flavored. Plain ice cream has a custard foundation to which cream, sugar and flavorings are added. In making a fruit ice cream, freeze the cream first to a soft mush, then open the freezer, beat in the desired fruit and continue freezing.

Mousses are mixtures of whipped cream, custard and gelatine which are frozen without beating or use of the dasher. They are usually packed in molds and are always buried in equal measures of salt and ice.

All mixtures depend for their freezing on a simple principle. Salt dissolves readily in water. The ice in melting to allow of this solution, loses its latent heat and the temperature of the resulting brine is much lower than that of the ice itself. Therefore it is the brine which is valuable, and the finer the ice is cracked the easier is the process of solution. Do not pour off the brine before the freezing is completed.

Provide a strong burlap or water proof bag and a heavy wooden mallet. Ice may be crushed to a fine powder with these. One cup of coarse rock salt to three cups of finely crushed ice is the best proportion for ordinary freezing. Use a layer of ice first, then pack in the foregoing proportion, turning the freezer crank occasionally to shake and pack down the mixture. Turn slowly, especially at first, as a soft velvety cream depends in great measure upon this. After freezing, if

the cream is to ripen, pour off the brine and repack with the ice and salt this time in the proportion of one cup of salt to four cups of ice.

In molding creams or ices, if for large molds, freeze rather soft; individual molds need a stiffly frozen mixture. Chill the mold thoroughly and pack solidly until it overflows. Cover with a buttered paper, press the cover down, bind tightly with a narrow strip of buttered cloth and pack deep in equal measures of ice and salt. Four or five hours will be needed. Molds which are divided in halves should have each half packed solidly; omit the buttered paper, but be sure the mold is full to overflowing, bind with the strip of buttered cloth and pack as usual.

Apple Sherbet

Boil one quart of apples in a pint of water until soft. Mash through a sieve. Add the juice of one orange and one lemon, one-half pound sugar and a quart more of water. Beat well and freeze. When of the consistency of snow, add the beaten white of one egg and finish freezing.

Ginger Ice

Boil one quart of water with two cups of sugar for twenty minutes, add one-half pint of lemon juice, one-half cup of chopped preserved ginger, and one-half cup of ginger syrup. Strain and when cold freeze as usual.

Lemon Sherbet

Juice of two lemons, one pint of sugar. Let stand a while; add one quart of milk and freeze.

Orange Ice

Put one pint of water and one and one-half cups of sugar on to boil; chip the yellow rind of three oranges, add to the syrup, boil five minutes, and stand away to cool. Peel eight nice, juicy oranges and one lemon, cut them in halves, take out the seeds and squeeze out all the juice; mix with the syrup, strain through a cloth and freeze.

Frozen Strawberry Mousse

Whip one pint of sweet double cream until thick. Fold in two cups of powdered sugar, one-half cup of finely chopped blanched almonds and one quart

of strawberries slightly crushed. Turn into a pudding mold having a tube in the center. Pack in ice and salt, cover with a heavy blanket or piece of carpet, and let stand in a cool place for three or four hours. When ready to serve, turn out carefully, and fill the hollow center with sweetened berries mixed with whipped cream.

Gooseberry Ice

Stew one quart of ripe gooseberries in a very little water until soft, then press through a fine sieve. Flavor with lemon juice, and to every pint of the gooseberry juice allow one pound of loaf sugar. Stir over the fire until the sugar is dissolved, then cool, and freeze.

Prune Sherbet

Boil one pound of prunes in one cup of water until very tender, strain through a fine colander, adding a pint of sugar, the juice of one lemon and half a cup of maple syrup; return to the fire and stir constantly to prevent burning, boiling ten minutes. Remove, and when thoroughly cold add the stiffly whipped whites of two eggs; turn into the freezer, and when half frozen stir in a small cup of chopped hickory nuts. Serve in small sherbet cups, with a tablespoon of whipped cream on each portion.

Grape Fruit Sorbet

Roll and press, then cut in half, extract the meat and juice, and free from every seed. Squeeze out all the juice into a deep bowl, and allow one pound of sugar to every pint of juice (err on the side of too much, rather than not enough sugar). Stir thoroughly and pour into the freezer. Freeze like mousse, that is, "mossy," but not firm like ice cream.

Cocoanut Ice

Boil one-half pound of sugar and one pint of water together for five minutes, add one-half pint of cocoanut milk to the syrup, let it come to a boil once, then cool and freeze. This will serve five persons. To obtain a cocoanut with the requisite amount of milk, one must insist upon having a nut with the eyes on the surface. As the nuts age, they dry, shrinking in the process, and the eyes grow deeper. A reasonably fresh specimen should furnish a trifle more

than a half pint of milk and the easiest way of extracting it is to drive a nail through the eyes, letting the milk drip through these holes into a bowl. The meat is thus left intact and ready for other uses.

Tomato Sherbet

Simmer together for twenty minutes one quart of chopped tomato, one pint of water, the juice of two lemons and the grated rind of one, two cups of sugar and half a teaspoon of ground ginger. When sufficiently cooked pass through a sieve, add four ounces of crystallized cherries and two cups of freshly grated apple. Freeze as usual, adding when nearly frozen one glass of Maraschino and the stiffly whipped whites of two eggs.

Frozen Peaches

Dissolve two cups of granulated sugar in the juice from one can of peaches. Mash the peaches fine, place in freezer, add the juice, and finally the well-beaten whites of three eggs. Freeze as usual. This will serve ten persons.

Grape Sherbet

Boil one pint of water, one-half pound of sugar and a teaspoon of chopped lemon rind five minutes. Strain and when cool add the juice of one lemon, one-half pint of grape juice and the white of an egg. When cold, freeze. Serve in frappe glasses.

Watermelon Sherbet

Remove the edible pulp from an ice cold watermelon and rub through a fruit sieve, adding three tablespoons of red currant juice, a scant cup of confectioner's sugar and a tablespoon of gelatine that has been softened, then dissolved in a cup of warm water; turn into the freezer and when half frozen stir in a cup of meringue made by blending the whites of two eggs with four tablespoons of sugar. Freeze to the consistency of mush and serve in slender crystal sherbet glasses, sprinkled with minced candied orange peel.

Frozen Turkish Coffee

In this dessert coffee extract, obtainable at reliable druggists', gives better results than the homemade product; care should be exercised in regard to the

quantity used, which varies somewhat to suit the taste. Cook half a cup of sugar with half a cup of water to the soft ball stage, and pour it slowly upon the stiffly beaten whites of two eggs, beating constantly; when light and creamy, add a pint of stiffly whipped cream, a tablespoon of confectioner's sugar, a pinch of powdered cinnamon, a few drops of vanilla and about a teaspoon of coffee extract. Freeze as usual; serve in small crystal cups, garnishing each with a star of whipped cream flavored with almond extract.

Apricot Ice in Jelly Cups

Mix one pint of apricot pulp, the juice of two oranges and one lemon, the grated rind of the lemon and one pint of syrup (made by cooking for ten minutes two cups of sugar and one cup of water). Freeze in the usual way.

For the jelly cups, make a lemon jelly by softening one ounce of gelatine in one-third of a cup of cold water, add a pint of boiling water, stir until dissolved. Add a cup of sugar, and when cool the grated rind of a lemon and the juice of four. Stir in enough spinach green to give a pretty green tint. Mold in little border molds or patent charlotte russe molds. When firm turn out and fill the hollow centers with the ice, which may be topped with a spoonful of whipped cream or sprinkled with candied mint leaves.

Mexican Ice Cream

Put a cup of granulated sugar into a smooth saucepan over the fire and stir constantly until it is melted, add a cup of English walnut meats and pour into a shallow buttered pan to harden. When perfectly cold grate or chop fine. Crumble twelve macaroons into fine crumbs, then toast in the oven a few moments. Make a custard of the yolks of two eggs, a fourth of a cup of sugar and a cup of milk, then pour over the stiffly beaten whites of two eggs and let cool. To a pint of cream add a third of a cup of sugar and beat until thoroughly mixed, add the custard and flavor with vanilla or Maraschino, then freeze. When half frozen, add the macaroon crumbs and half of the grated walnut mixture and finish freezing. Sprinkle the remaining grated walnuts over the cream at serving time.

Peanut Ice Cream

One quart of thin cream, one cup of rolled peanut meats, one cup of sugar, one tablespoon of vanilla. Mix all together and freeze.

Macaroon Ice Cream

One pint thin cream, two-thirds cup sugar, one pint milk, one cup rolled macaroons, one tablespoon vanilla, two or three eggs, speck of salt. Make a custard of the milk, eggs, sugar and salt. Cool, add the vanilla and freeze. When nearly frozen add the macaroons, prepared by drying in the oven; they are then put through a meat chopper or rolled. See illustration on page 22.

Frozen Pudding

Chop fine a cup of English walnut meats. Plump a cup of raisins by covering them with boiling water, drain after fifteen minutes and roll in granulated sugar. Beat the yolks of four eggs and half a cup of sugar until light, add two tablespoons of cornstarch dissolved in a little cold milk and gradually four cups of hot milk. Cook over hot water for fifteen minutes, stirring constantly until thickened, then occasionally. When the mixture is cold add vanilla to flavor, and freeze. When half frozen add the whites of four eggs beaten to a stiff froth with a fourth of a cup of sugar, a cup of strawberry preserves, and the prepared fruit and nuts, then freeze until stiff. At serving time garnish with whipped cream and English walnut halves.

Canton Nut Pudding

Prepare a rich, smooth custard from a scant pint of milk, two eggs and a tablespoon of sugar. When cold, add a pint of whipped cream and a scant cup of preserved ginger syrup; now pour into the freezer, and when half frozen stir in three tablespoons of chopped walnuts and a cup of thinly sliced Canton ginger. Freeze hard and serve in sherbet glasses, pouring over each portion two tablespoons of imported ginger ale.

Frozen Nut Pudding

Prepare a boiled custard by scalding a pint of milk and then adding the yolks of three eggs beaten with two tablespoons of sugar; when of the right con-

sistency remove from the fire and stir in while hot four ounces of melted chocolate; allow it to cool and then add a pint of whipped cream; turn into the freezer, and when half frozen pour in a cup of chopped nut meats, half a cup of candied cherries, two tablespoons of sliced preserved ginger and one tablespoon of chopped preserved citron. When frozen repack in a melon mold and serve on a large platter surrounded by burning brandy.

Biscuit Cream

Rub the yellow rind of two lemons on lumps of cut sugar, then crush the sugar to a powder, adding half a cup of confectioner's sugar, twelve grated macaroons and a pint of stiffly whipped cream; turn into the freezer and as the cream begins to stiffen stir in half a pint of chopped Maraschino cherries, together with four tablespoons of the cordial; continue freezing until very firm, then pack in individual pyramid molds.

Banana Fluff

Slice six large bananas, sprinkle with lemon juice and grated cocoanut and place directly on the ice to chill and ripen (for at least an hour). Mash them smooth with a wooden spoon, adding a scant cup of powdered sugar and the stiffly beaten whites of two eggs, which should be lightly folded in; now pour into the freezer, turning the crank for about four minutes, or until there is a slight resistance, when half a pint of whipped cream may be added. Freeze to the consistency of mush; serve in individual crimped paper cases lined with tiny Naple biscuits.

Maple Ice Cream

Beat the yolks of two eggs until light; add two-thirds of a cup of maple syrup and half a cup of milk. Cook over hot water, stirring constantly, until the mixture thickens; then pour over the stiffly beaten whites of two eggs and cool. When cold add a cup and a half of cream and freeze.

Pineapple Meringue

Select a medium-sized pineapple, slice and cut in small cubes. Put it in an enameled saucepan with one cup each of granulated sugar and water. Stir until the sugar is dissolved, and cook

until rich and thick. Beat the yolks of six eggs until light, and pour over them three cups of scalding hot milk. Mix well, turn into a double boiler, and stir and cook until quite thick. Pour the custard into a bowl, and chill on ice, then add the pineapple and syrup. Freeze quite stiff, and pack in a mold. Cover closely, and pack in ice and salt. Let stand for several hours to ripen. Boil one-half cup of sugar with one-fourth cup of water until it will thread, add to it five of the egg whites whipped to a very stiff froth, and beat until cold. Turn the pudding quickly out of the mold into a very cold fireproof dish. Cover quickly with the meringue, and put in a very hot oven until slightly colored. Serve immediately.

Maple Bisque

Beat the yolks of three eggs until light; add gradually three-fourths of a cup of maple syrup, and cook standing in a pan of boiling water, stirring constantly until the mixture thickens and coats the spoon. Take from the fire and beat until cool. When it is quite cold add it slowly to two cups of cream beaten until stiff. Lastly fold in half a dozen macaroons dried in the oven and crumbled fine. Pack in ice and salt for four hours. Unmold and serve with whipped cream, sweetened to taste and flavored with vanilla. Sprinkle the cream with powdered macaroon crumbs.

Maple Ice Cream Sauce

Cook a cup of maple syrup and a tablespoon of butter until it drops thick but does not quite form a soft ball when tested in cold water. Serve hot over each portion of cream. Half a cup of chopped pecans or English walnuts is a delicious addition to the sauce. Serve with vanilla or macaroon ice cream.

Strawberry Plombiere

Wash and hull a quart of fine ripe strawberries and press through a sieve. Make a syrup with three-quarters of a pound of sugar and three-quarters of a cup of water. Add this to the strawberry pulp, cool, put it into a freezer, and turn until it begins to thicken. Then stir in one pint of whipped cream and let it remain a little longer in the freezer. Put into a mold, cover tightly, bind the edges with a strip of buttered

paper, and pack in ice and salt for three hours. When ready to serve, dip the mold quickly in hot water, wipe dry, and turn out on a shallow dish. Garnish with macaroons and fine strawberries.

Iced Rice Pudding

Cover half a cup of well washed rice with a quart of cold water, and set it over the fire. When the water begins to boil drain it off and cover the rice with one quart of milk. Cook until the rice is tender, then remove from the fire and press through a sieve. Add a pint of cream, two cups of sugar and the beaten yolks of six eggs. Return to the fire, and stir and cook for a few minutes until it begins to thicken. Add a teaspoon of vanilla and set aside to cool. When cold turn into a freezer and freeze to a stiff mush. Then stir in one-half cup of blanched chopped almonds and one cup of rich preserved peaches or strawberries, which have been drained from the syrup and beaten to a pulp. Stir thoroughly, add a pint of whipped cream, cover and repack. Set aside for two hours or longer. Turn out and serve with a compote of the fruit.

Imperatrice Frozen Pudding

Steam a scant half cup of rice in slightly salted milk; while still warm stir in two well beaten eggs, two tablespoons of powdered sugar, half a cup of seeded raisins that have been boiled for ten minutes, two teaspoons of chopped candied orange peel and a pinch of grated nutmeg; allow the mixture to cool, but not harden, and then stir in lightly a pint of stiffly whipped cream sweetened with a scant cup of sugar. Turn at once into a melon mold and pack in ice and rock salt for three hours before using. When ready to serve unmold on a cut glass platter, garnishing with glace oranges.

Frozen Orange Pudding

Prepare a rich boiled custard by slowly heating a pint of milk in the double boiler, adding two well beaten eggs and two tablespoons of sugar; stir until it thickens well; remove from the fire and flavor with the juice of one orange and the grated yellow rind. While this is cooling, peel two oranges, and, removing pits

and every particle of white skin, flake the pulp into small bits with a silver fork; sprinkle liberally with powdered sugar and pour over, if you wish, a tablespoon of sherry. To the cold custard add a half pint of sweetened whipped cream and turn at once into the freezer, stirring in when half frozen the prepared orange pulp and a small cup of grated macaroon crumbs; continue the freezing until very stiff and then pack in a melon mold.

Macaroon Mousse

Scald one dozen macaroons in a cup of milk, and pour gradually upon the beaten yolks of three eggs, cooking over hot water until slightly thickened; when almost cold, fold into the mixture the stiffly beaten whites of three eggs, half a cup of powdered sugar, and half a pint of whipped cream. Turn into a brick mold and freeze by covering with ice and rock salt. At serving time garnish with French candied fruit arranged on a border of whipped cream.

Maple Nut Mousse

Soak two level teaspoons of gelatine in two tablespoons of cold water, and dissolve it in a cup of hot maple syrup; remove from the fire and beat until cool, then add a pint of thick cream that has been whipped with a teaspoon of powdered sugar and half a cup of finely chopped hickory nuts. Line a round mold with halved ladyfingers, holding them in place with a little fondant, filling the center with the mousse mixture; be sure that the cover is securely adjusted and bury in ice and salt for three hours. When ready to serve, unmold, covering the top with chopped nuts, and serve with a sauce.

Rice Mousse with Prunes

Cook one-fourth of a cup of rice in a cup and a half of milk, until very soft. Make a rich boiled custard, with the yolks of two eggs, half a cup of sugar and half a cup of milk, adding two tablespoons of gelatine softened in a little cold water; strain this over the cooked rice and when cold, add a pint of whipped cream, twelve sifted prunes and a few drops of lemon juice. Mold in a fancy mold and pack in ice, and salt for three hours before serving, garnishing with squares of prune jelly and large stuffed prunes.

Pastry

Puff Paste

First, in the preparation of puff paste, choose a cool corner to work in and if possible, have plenty of cracked ice at hand. Weigh one-half pound of pastry flour and one-half pound of butter. Wash the latter in a bowl of ice water as in the illustration. Wash and knead until not a drop of water is left in the butter and it is smooth and waxy.

Now pat it into a round one-half inch thick, and place on ice. Work one tablespoon of butter into the flour and mix enough ice water with it to make a stiff dough, then knead on a floured board one minute. Cover with a clean cloth, and let it stand five minutes. Next roll the dough into an oblong sheet one-fourth inch thick and be careful to have the corners square. Pat into shape if necessary; put the butter on this and fold the free end over, striking lightly each edge to imprison the air. Fold the right side over, the left under the inclosed butter, swing the paste half around, cover and wait five minutes. Now roll with light, even strokes into the oblong sheet, fold from the ends toward the center, forming three laps. Again cover and leave five minutes. Repeat the same process twice; remember to keep a square-cornered rectangle of paste; do not neglect the chilling or think three instead of five minutes long enough to wait.

For the last time roll, but fold in four layers, like a pocketbook. Place on ice and chill through before cutting. Shape with fluted or plain cutters into tarts and patty shells. Again chill and bake twenty-five to thirty minutes in a very hot oven. From the left-overs cut tiny buttons one-half inch in diameter to serve with clear soups. Roll out all the remnants into a thin sheet, grate hard cheese over this and cut in narrow strips three inches long. These are delicious with any soup. Serve in the shells shaved celery, stewed in cream and seasoned with pepper, salt and shredded olives, a newburg or a shrimp wiggle; in fact, use any of the creamed entrees with your pastry. To vary a rabbit, fill the patties with hot apple sauce, then cover with the rabbit. See illustration on Page 23.

Plain Pie Crust

Place in a chopping bowl one and one-half cups of flour, one-quarter cup of butter, one-quarter cup of lard, one teaspoon of salt. With a sharp chopping knife, chop the shortening thoroughly through the flour, after which add just enough ice water to hold the mixture together (from one-quarter to one-half cup is sufficient), chopping all the time until a smooth dough is formed, which should be allowed to stand in a cold place for a day at least before using.

Shaker Pastry

Mix one quart of flour, one teaspoon of salt, one cup of fresh beef drippings, and one cup of cream, add water enough to make a dough. Roll out a bit of this mixture, spread with soft butter, sprinkle with flour, and roll up like jelly cake, cut off a portion, stand on end, heap on flour and roll out. This makes the flakes of the top crust. The lower crust is rolled out from the plain mixture.

Shaker Apple Pie

Put into the lower crust sour apples, pared, cored and cut into eighths; add a generous half pint of seeded raisins and put on the top crust. Cut it around the plate, being careful not to let it stick to the lower crust. Bake in a slow oven till the apple is thoroughly cooked and the crust is a nice brown, both top and bottom; this requires about forty minutes. While it is still hot take off the top crust and lay it carefully aside, then with a wooden knife stir the apple, removing the hard pieces, if any are left. Add sugar, cinnamon or nutmeg to taste, and a small piece of butter. Replace the top crust. Tin plates are best for the baking of these pies, but they should never be put away on the same plates in which they are baked.

Maple Custard Pie

Beat two eggs and a third of a cup of grated maple sugar, add a level tablespoon of flour and gradually two cups of milk. Turn into a deep pastry lined pan, dust slightly with cinnamon or nutmeg, and bake in a quick oven at first, to set the crust, then lower the temperature.

A New Mince Pie

The new thing about this pie is the filling, which has a different flavor from the ordinary kind because the meat in the mince is not twice cooked. Take one cup of raw beef chopped fine—this must be free from gristle and fat—mix it with three cups of tart apples, chopped fine. Add one cup of currant jelly, juice and grated rind of two oranges and one lemon, one cup of sugar, one teaspoon each of salt, cinnamon, cloves and allspice, and half a teaspoon of pepper and nutmeg. Make soft and moist with sweet cider, and add plenty of raisins, currants, citron and candied orange peel, and a very little chopped suet, if you like suet. This will make three pies, and if the three pies are not all made at once, the remainder of the mince should be canned for future use. For a winter novelty, make patties of this mince meat, cover with a lattice crust, and, when ready to serve, pour a tablespoon of brandy over each tiny pie, light it, and place it before each guest. Mince pie should always be served warm.

A Pumpkin Pie

Steam a small pumpkin, pared and cored, until tender, pressing through a fruit press or sieve to remove any lumps; season with a tablespoon each of ground ginger and cinnamon and stir in while still warm the yolks of two well beaten eggs, a tablespoon of melted butter, one tablespoon of sifted wheat flour, the grated rind of one orange, a teaspoon of salt, one cup of raisins boiled till plump and a cup of cream, or enough to form a thick batter; sweeten to taste and arrange in deep pie plates lined with rich pie crust; bake in a moderately quick oven to a golden brown.

Shaker Mince Pie

To three quarts of sour apples, pared, cored and chopped, allow one quart of beef, boiled tender and chopped fine; if very lean put in a little butter. Add a pound of seeded and a pound of seedless raisins, one cup of grape jelly, or two of grape juice, two pounds of sugar, a tablespoon of salt, and cook all together until the apple is soft. When cool add two tablespoons of cinnamon, one each of ground clove, ginger and allspice, and two grated untmegs; the spices should be mixed together carefully before being

added to the rest. If the mincemeat is not tart enough, flavor with a little boiled cider or the juice and grated rind of a lemon. More sugar or salt may be added if desired.

Date and Apple Pie

Line a pie plate with a rather rich crust, fill it with a mixture of chopped dates and apples, sprinkle over half a teaspoon of cinnamon and half a cup of sugar, cover with a top crust, and bake about half an hour in a good oven. Serve hot or cold with or without cream and sugar.

English Walnut Pie

Beat the yolks of two eggs and half a cup of sugar to a cream, add a tablespoon of lemon juice, the juice and half the grated rind of an orange and half a cup of chopped English walnut meats. Line a deep pie plate with pastry, and when half baked add the filling and finish baking. Cover with a meringue made of the whites of two eggs, two tablespoons of sugar and two tablespoons of chopped walnuts.

Apple and Cocoanut Pie

Line a deep pie plate with pastry. Pare and grate some apples, sweeten and flavor to taste, using a bit of cinnamon and either lemon juice or vanilla. Sprinkle the pastry generously with some shredded cocoanut, cover with the apple mixture and bake. When almost done sprinkle with cocoanut and do not leave in the oven long enough to brown.

Fairy Apple Pie

Core and quarter without paring, four large, tart apples, steam over hot water until tender, rub through a sieve, sweeten to taste and chill. Beat the whites of three eggs until stiff and dry, add the apples, flavor to taste and beat again. Turn into a half-baked pastry shell and finish baking in a moderate oven. Serve hot with cream and sugar or whipped cream.

Marlborough Pie

Pare and stew some tart, juicy apples until tender, then rub through a sieve. To a cup of the hot mixture add a tablespoon of butter and a cup of sugar and stir until thoroughly blended; then add in succession the grated rind and juice

of half a lemon, the yolks of two eggs beaten with half a cup of cream and, if desired, a third of a cup of wine. Line a deep pie plate with pastry, brush with white of egg and sprinkle with a third of a cup each of raisins and chopped nuts (either English walnuts or almonds). Pour in the apple mixture and bake in a moderate oven. Cover with a meringue. Brown in a very slow oven.

Squash Pie

Mix four tablespoons of sifted squash with one quart of milk. Season to taste with sugar, cinnamon, salt and ginger. Mix one teaspoon of cornstarch with two crackers rolled to a powder, moisten with one-half cup of the seasoned milk; then combine and cook all over hot water until free from raw taste. Bake in a crust as usual.

Ladylocks

Butter the ladylock irons, cut puff or plain paste into "ribbons" an inch wide, then wrap a "ribbon" about each iron lightly, winding from the small end to the large end. Let each edge merely touch the other, without overlapping. Lay the paste-covered irons on a wire frame and set in a hot oven to bake delicately brown. If desired as a course for supper or luncheon, slip them off the irons on a hot platter and fill with creamed chicken, sweetbreads, oysters, mushrooms or lobster. Serve individually with a spoonful of the white sauce which goes inside, poured around them. On top of the sauce put a sprinkling of chopped parsley or browned bread crumbs. During shortcake season serve cold filled with strawberries, raspberries or cherries, well powdered with sugar, and garnished with whipped cream. Fill them with whipped cream, sweetened and flavored with vanilla, then pour over each a chocolate frosting. Or make the filling after any recipe for lemon pie and cover the top with a meringue, browning it delicately in a moderate oven. See illustration on page 28.

Lemon Custard Pie

Beat the yolks of three eggs and one-half pound of powdered sugar to a cream, then add the unbeaten whites of two eggs and whip all together until very light. Add the grated rind and

juice of three lemons and one tablespoon of butter. Cook in a double boiler until the mixture thickens, then set aside until cool. Line a pie plate (a deep one) with good paste, prick it well, and bake in a quick oven. When done, fill with the lemon custard. Beat the white of one egg with two tablespoons of powdered sugar, spread it over the top of the pie, and brown very delicately in a slow oven.

Cheese Heartlets

For these delicious little cakes, use a cream cheese, adding half a cup of powdered sugar, two tablespoons of cream and three well beaten eggs, flavor with almond and beat the mixture until smooth. Bake in small heart shaped tins, lined with puff paste.

Richmond Maids of Honor

Line small patty tins with paste, fill with the following mixture, and bake in a moderate oven twenty minutes. Mix one-fourth cream cheese (the ten-cent size) and two tablespoons sifted saltine crumbs and work with a small wooden spoon until smooth; then add one-fourth cup sugar, and one egg well beaten. Blanch one-third cup almonds, put through an almond grater, add three teaspoons of milk and pound in a mortar. Add to first mixture and beat thoroughly; then add one-fourth cup heavy cream, one teaspoon melted butter, one-half teaspoon salt and one-fourth teaspoon each grated nutmeg and almond extract. They are a bit of work, these Richmond maids of honor, but the time used in their preparation is far from wasted.

Cheese Straws

A pleasing variation of the old but always popular cheese straws and cheese fingers, is made thus: Melt one tablespoon of butter, add one and one-half tablespoons of flour and pour on one-fourth cup of milk. Add one-fourth cup, each, of grated cheese and cheese cut in small cubes, and one egg white, unbeaten. Season with salt, paprika and cayenne. Bake pastry in finger-shaped pieces, split and spread with cheese mixture. Heat slightly before serving.

Pumpkin Fanchonettes

Mix one and one-half cups of stewed pumpkin very dry, with two cups of milk, one beaten egg, a half cup of brown sugar, one teaspoon of cinnamon, one-half teaspoon each of salt and ginger. Line individual tins with pastry and bake in a slow oven until brown on top.

Cranberry Patties

Line patty pans with rich paste, and bake till done in a hot oven. When baked remove from the oven and let cool. Fill with rich jellied cranberry sauce, and spread with a meringue made with the white of one egg and half a cup of powdered sugar. Put in a cool oven until a pale straw color.

Cocoanut Custards

One grated cocoanut, one pound of sugar, one-fourth pound of butter, one cup of cream. Add the beaten whites of nine eggs, and season with essence of lemon. Bake in small shapes lined with rich puff paste.

Strawberry Pie

Line a deep pie plate with puff paste, prick it well, and bake to a delicate brown. Fill it, when cold, with fine ripe strawberries, sliced and sweetened, and pour over a cup of whipped cream which has been sweetened, flavored with lemon, and whisked lightly into the stiffly whipped whites of two eggs. Another delicious pie may be made by pouring a pint of rich custard while still warm over the strawberries in the paste. Serve very cold.

Pumpkin Patties

This delicious sweet may be appropriately served for the Thanksgiving supper and is made by paring and cubing sufficient pumpkin to make two quarts; place in a steamer with a little water and cook until tender, seasoning with a teaspoon of salt and one of mixed spices; then pass through a ricer, adding half a cup of whipped cream, two tablespoons of sugar, the whites of two eggs beaten stiff, and a cup of chopped dates; blend to a cream and fill into patty shells, returning to the oven to be reheated; cap with the paste top, ornamenting the top of each with a large crystallized cherry.

Christmas Tarts

The foundation for these pastry tidbits is usually puff paste, but the following simpler paste may be used: Mix and sift together two cups of flour, two teaspoons of baking powder and a saltspoon of salt. Work in a cup of butter with the tips of the fingers. When the mixture is as fine as meal, stand it aside an hour or more to chill. Then take out half a cup and to the remainder add cold water gradually to make a stiff dough. Knead slightly, turn on a floured board and roll into a long, narrow strip. Sprinkle the dough with half of the reserved mixture and fold so as to make three layers. Turn half way round with the open end toward you, roll again into a strip, sprinkle with the remaining mixture and fold as before. Roll and fold twice more, and the pastry is ready to use. Roll into a thin sheet and cut into various shapes, as hearts, circles, strips and diamonds. See page 26.

Fruit Rissolettes

Put half a cup of water, a cup of sugar, a cup of seeded raisins, half a cup of chopped nuts, half a cup of tart jelly and a quarter of a cup of sliced citron together in a granite saucepan and cook until thick like preserve. Add the juice of half a lemon, take from the stove and cool. If still too thin to be firm cook a little longer or stir until thickened. Bake the pastry and spread with this mixture.

Polish Tarts

Cut the paste into two and a half-inch squares, brush with the white of an egg, fold the corners to meet in the center, press slightly together and bake. When done put a bit of jelly or fruit cream in the center. Or fold only the two opposite corners together, bake and fill with the fruit cream.

Fruit Tarts

Bake the pastry in small patty tins and fill with the fruit cream. Cover with a meringue to which chopped nuts may be added or dust the tarts with powdered sugar for serving.

Neapolitans

Cut the pastry into strips, bake, spread with jelly or fruit cream and cover with nut icing, then put in the oven until a

delicate brown. Garnish a few with half nuts or sprinkle with chopped nuts before browning.

Chocolate Pie

Line a deep pie pan with rich pie crust and bake in a quick oven. Grate one-half cup of chocolate, place in a saucepan with one cup of hot water, butter the size of an egg, one tablespoon vanilla, one cup of sugar, the beaten yolks of two eggs and two tablespoons of cornstarch (dissolved in as much water). Mix well, cook until thick, stirring constantly. Pour into the pie shell and let cool. Make a meringue of the two egg whites beaten stiff, with two tablespoons of powdered sugar, spread over the pie and slightly brown in the oven.

Mincemeat

Take two pounds of finely chopped suet, four pounds of grated bread crumbs, four pounds of currants, four pounds of raisins, five pounds of brown sugar, one and one-half pounds of candied peel, lemon, orange and citron, six pounds of apple, weighed after being chopped, two tablespoons of cinnamon, two tablespoons of cloves, one tablespoon of mace, one tablespoon of salt and two quarts of boiled cider. The ingredients are blended without being boiled; put away in jars set in a cool place this mince will keep.

Cakes and Cookies

Use only the best of material in cake making. Cooking butter will not make good cake. Coarse granulated sugar makes a heavy cake. Use a fine granulated. Pastry flour contains less of the sticky gluten than bread flour and therefore is better where baking powder is used for leavening. Should it be necessary to use bread flour, two tablespoons less for each cup will be needed.

Measure all ingredients, slightly warm the flour, if chilled, butter the cake pans, have all needed utensils at hand, and see that the fire is in good condition, coal must not be added while cake is baking, before beginning the actual mixing.

Sponge cakes which depend for their raising on the amount of air beaten into the batter need a long slow cooking in a moderate oven; butter cakes on the contrary require a hot oven, slightly oooled the last quarter. Cake may be looked at while in the oven if the door be opened so gently that no current of air be forced into the oven; do not move, however, until risen to the full hight of the loaf. If the oven is too hot place a pan filled with cold water in the oven.

Sunshine Cake

Whites of seven eggs, yolks of five, one and one-quarter cups granulated sugar, one cup flour, scant one-third teaspoon cream of tartar, a pinch of salt added to the whites of eggs before whipping; flavor to taste. Sift, measure and set aside flour and sugar; separate the eggs, putting the whites in the mixing bowl and the yolks in a small bowl; beat yolks to a very stiff froth; whip whites to foam, add cream of tartar, and whip until very stiff; add sugar to the whites and beat in; then yolks and beat in, then flavor and beat in; then flour, and fold lightly through. Put in a moderate oven at once; will bake in twenty to forty minutes.

Chocolate Loaf

Three eggs, beaten separately; one and one-half cups granulated sugar, one-half cup butter, three-quarters cup sweet milk, two and one-half cups flour, one teaspoon cream of tartar, one-half tea-

spoon soda, and two squares of chocolate. To the chocolate add one-half the milk and stir over a slow fire until thoroughly dissolved; add one-half cup of sugar, and stir until thoroughly mixed; then set aside to cool. Sift flour once, then measure, add soda, and sift three times; cream butter and the remainder of the sugar thoroughly; beat yolks to a stiff froth and stir in; whip whites to a foam, add cream of tartar and whip until stiff; add the remainder of the milk to the chocolate, and stir until thoroughly mixed; add this mixture to the creamed butter, sugar and egg yolks, then the flour and stir hard; heat in the whites of the eggs and bake in a slow oven forty-five minutes.

Sponge Cake

Five large or six small eggs, one and one-half cups granulated sugar, one and one-half cups flour, scant one-third teaspoon cream tartar, a pinch of salt and flavor to taste. Make exactly like sunshine cake; bake in a slow oven twenty-five to forty-five minutes.

White Loaf

Whites of eight eggs, one and one-quarter cups granulated sugar, three-quarters cup butter, one-half cup sweet milk, two and one-half cups flour, one teaspoon cream of tartar, scant one-half teaspoon soda; flavor to taste. Sift flour once, then measure, add soda and sift three times; cream butter and sugar thoroughly; whip whites of eggs to a foam, add cream of tartar, and whip until very stiff; add to the creamed butter and sugar, then add milk, flour, and flavor, and stir very hard. Bake in a slow oven thirty to fifty minutes.

Gelatine Cream Cake

Sift sugar and flour several times before measuring. Beat the whites of three eggs until stiff and dry, fold in gently a cup of sugar and flavor with vanilla. Beat the yolks of three eggs until light, add two teaspoons of lemon juice, and a fourth of a cup of hot water, then add to the first mixture; lastly fold in a cup of flour. Bake in a large square pan in a moderate oven; when cold, cut into two-inch squares. Soak a level tablespoon of granulated gelatine in a fourth of a cup of cold water; dissolve in half a cup of boiling

water, then add four tablespoons of orange juice and one tablespoon of lemon juice; strain and cool. Cook three-fourths of a cup of sugar and a fourth of a cup of water until it spins a thread, then add gradually to the stiffly beaten whites of two eggs and beat until smooth; flavor with vanilla and when the gelatine mixture commences to thicken, add it gradually by the spoonful; next add half a cup of seeded raisins, or candied fruit cut into dice, and half a cup of chopped English walnuts and chill thoroughly. Shortly before serving, beat a cup of rich cream until stiff, add a third of a cup of sugar and vanilla to flavor. Spread the gelatine mixture on the cake and pile the whipped cream on top.

Sour Milk Cake

Sift together one and one-half cups of flour, one teaspoon each of soda, clove, cinnamon and nutmeg. Cream one cup of sugar with one cup of butter, add the flour and one cup of sour milk alternately. Then one cup of raisins mixed with one-half cup of flour. Beat thoroughly and bake in a moderate oven. If the batter seems too stiff remember that cake without eggs requires a stiffer batter.

French Wedding Cake

Work to a waxy cream one pound of powdered sugar and one pound of butter well washed; break in ten eggs, two at a time, and knead for twenty minutes. Mix in a plate, a teaspoon of ground cinnamon and of ground cloves, two teaspoons of ground allspice, one nutmeg, grated, and a teaspoon of ground mace; add these to the creamed butter, sugar and eggs, together with half a gill of confectioner's molasses. Mix well for one minute with the hand, then add one pound of sifted flour, stirring for two minutes more, then two pounds of currants, two pounds of Sultana raisins, two pounds of Malaga raisins, one pound of candied citron finely sliced, one gill of Jamaica rum and one gill of brandy. Mix the whole well together for fifteen minutes. Butter the interior of a plain five-quart round cake mold, line with buttered paper, pour in the preparation and place in a very slow oven to bake for five hours.

When done lay it on a table to cool off for four hours preparatory to icing and decorating.

Rich Spice Cake

Melt a square of baking chocolate over hot water, add one-fourth cup light brown sugar and one-fourth cup hot water, then cook until smooth, stirring constantly. Cream one-half cup butter, then add successively one and a half cups brown sugar, two eggs, the hot chocolate mixture, two teaspoons cinnamon, one teaspoon cloves, one-half teaspoon nutmeg, one cup chopped fruit, currants or raisins, one cup chopped nut meats, one cup sour cream in which is dissolved a half teaspoon soda, and three cups of flour sifted with a teaspoon of baking powder. Bake in layers and spread with a cream icing, or bake in gem pans and sprinkle before baking with chopped nut meats and granulated sugar.

Coffee Cake

Sift one teaspoon each of salt, cinnaman and cloves with one and one-half cups of flour. Clean one cup of raisins and stir into one-half cup of flour. Cream one cup of sugar with one-half cup of butter, add one-half cup of molasses, beat well; then add alternately flour and one cup of cold coffee in which one teaspoon of soda has been dissolved. Lastly add the floured raisins and beat thoroughly before turning into the cake pans.

Date Cake

Cream half a cup of butter with three-fourths cup of sugar; add one beaten egg and a cup of sour cream in which has been dissolved one level teaspoon of baking soda. Flavor with nutmeg. Add just enough flour to make a dough that will roll out into a thin sheet. Divide it in two parts; over one-half spread a layer of finely chopped dates, lay the other sheet of paste on top, press lightly together, and cut into round or square cakes. Bake in a hot oven.

Old-Fashioned Hickory Nut Cake

Of all the nut cakes there is none better than this old-fashioned one. Cream together one and one-half cups of fine granulated or pulverized sugar and one-half cup of butter. Add three-

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fourths of a cup of sweet milk, two and one-half cups of flour sifted with two teaspoons of baking powder and one cup of hickory nut meats dredged lightly with flour. Lastly add one-half teaspoon of vanilla and fold in the whites of four eggs beaten to a stiff froth.

English Walnut Cake, Orange Dressing

Cream a fourth of a cup of butter, then add in order, beating thoroughly between each addition, half a pound of sifted powdered sugar, six yolks of eggs, two level tablespoons of cocoa, one level teaspoon cinnamon, a fourth of a level teaspoon of cloves, an eighth of a level teaspoon of nutmeg, half a pound of English walnuts, finely chopped, a level cup of soft bread crumbs mixed with two teaspoons of baking powder and six whites of eggs beaten until stiff and dry. Bake in two layers and put together with the following

Orange Dressing

Shell half a pound of English walnuts, reserve enough unbroken halves for garnishing the cake and chop fine the remainder. To the juice and pulp of an orange, add a fourth of a pound of powdered sugar and the chopped nut meats; cook three minutes, stir until it thickens, then spread.

Raised Cake

Cream together one large cup of sugar and one-half a cup of butter. Add one beaten egg and mix well. Add one full pint of light bread dough and one level teaspoon of baking powder and beat hard with the hand until soft and white. Sprinkle in a little grated nutmeg, and one-half wineglass of sherry or whiskey. Flour one cup of mixed stoned raisins and sliced citron and stir in lightly. Place a round of buttered paper in a deep, round cake pan, pour in the cake mixture and bake for one hour or more in a slow oven. This cake is better a day or two after making. If uncut it will keep for some time.

Chocolate Crullers

Two eggs beaten till creamy; then beat in one cup of sugar, and add for shortening one tablespoon of soft butter, a square of grated chocolate and a level tablespoon of cinnamon. Mix well, then add two-thirds of a cup of sweet milk, three cups

of flour sifted with two level teaspoons of baking powder. Roll out one-fourth of an inch thick, cut with a doughnut cutter and cook in a kettle of smoking hot fat. Drop on crumpled unglazed paper. While still hot roll in powdered sugar.

Tea Cakes

Tear an angel cake in small irregular shaped pieces and dip each piece in white frosting, then roll in freshly grated cocoanut.

Shaker Raised Doughnuts

Boil three medium-sized potatoes and mash. While hot add two cups of sifted flour, enough of the boiling potato water to make a batter, and salt to taste. When cool add two tablespoons of homemade yeast and flour enough to knead. Let this rise over night. Roll out and cut into pieces three inches long, two inches wide and one-half inch thick. Let these rise ten minutes before frying in deep beef fat. If made properly they should have large holes in them when broken. Serve with maple syrup.

Strawberry Puffs

Put a cup of water and half a cup of butter into a saucepan over the fire; when boiling add a cup of flour and stir until the mixture separates from the sides of the pan. Turn into a mixing bowl, add three large eggs one at a time and beat well. Drop from the end of a tablespoon on buttered pans and bake in a moderate oven until light to the touch. Spread the top of the cakes with confectioner's sugar mixed with orange juice until of a consistency to spread, and sprinkle with chopped nuts. Split on one side and fill just before serving with whipped cream, sweetened, flavored with vanilla and mixed with crushed strawberries. Serve strawberries dusted with powdered sugar on the same plate.

Date Puffs

Make the cake mixture as for cream puffs, and when baked and cool, split and fill with a mixture of chopped dates and whipped cream beaten together until thick and light.

Sandwiches and Canapes

Fairy Sandwiches

Cut an equal number of thin slices of brown and white bread, and butter them with the following mixture: Beat three ounces of fresh butter to a cream with four ounces of powdered sugar, beating it well together for some little time; then beat in a tablespoon of lemon juice. Set it on ice for an hour. After having spread this mixture on the bread, sprinkle thinly with blanched and chopped nuts of any kind. Press the white slices to the brown, and stamp out in circles or triangles.

Olive Sandwiches

Stone and mince olives, seasoning them with white pepper; then pound them to a smooth paste. Cut some thin slices of bread and butter, and spread half with the pounded olives and the other half rather thickly with finely chopped tongue. Press the two halves together lightly.

Egg Sandwiches

Take six hard-cooked eggs, six washed and boned anchovies, a teaspoon of French mustard and a tablespoon each of oil and cream; pound this all to a smooth paste, seasoning it with salt and cayenne to taste. Spread this mixture thickly on thin slices of buttered bread.

Pepper Sandwiches

Chop finely green bell peppers, mix with a few chopped olives and mayonnaise to make a paste. Spread between slices of bread cut very thin.

Date Sandwiches

Mix equal amounts of date pulp and finely chopped English walnut meats. Moisten slightly with a little sweet cream or soft butter, spread the mixture smoothly on thinly sliced whole wheat bread, cover with another slice, and press lightly to make them hold together. Another pleasing date sandwich is made by first spreading the bread, lightly buttered, with a layer of cottage cheese moistened with a little cream; over this place a layer of the chopped dates, and

cover with another slice of buttered bread. A richer sandwich filling may be made by using with the dates chopped preserved ginger instead of the cheese or walnuts, and moistening with a little ginger syrup. Equal quantities of chopped dates and figs or raisins mixed with a little white icing make another pleasing variety.

Tea Sandwiches

For afternoon tea try orange marmalade, pecan nuts and cream cheese mixed thoroughly, and spread between thin slices of white bread slightly buttered. These should be made into long, narrow sandwiches. Also, make baking powder biscuit the size of half a dollar, and when cold split them and spread them with a mayonnaise mixed with minced celery and stuffed olives.

Walnut Sandwiches

An appetizing filling for sandwiches is made by mixing equal parts of grated Swiss cheese and chopped English walnut meats with sufficient softened butter to form a paste. Season with salt and cayenne as needed.

Pecan Nut Sandwiches

Rub to a smooth paste one tablespoon of butter, two tablespoons of grated cheese, a saltspoon each of salt, paprika, dry mustard and celery salt, a little anchovy paste and a teaspoon of vinegar. When very smooth add a cup of pecan nuts that have been passed through the meat chopper. Spread this between thin slices of buttered graham bread.

Fried Sandwiches with Ham

Butter slices of stale crustless bread and spread between them, sandwich fashion, chopped ham, which has been moistened with a little cream. Press two slices together firmly and soak for a minute in half a cup of milk to which a beaten egg has been added. Dip on each side, then fry in butter in a hot spider, turning the sandwiches to brown them well.

Tongue Sandwiches

Smoked tongue makes delicious sandwiches, if sliced very thinly and put between pieces of buttered rye or white bread. Mustard may be used with them, if liked.

Celery Sandwiches

Butter the bread on the loaf, having first creamed the butter. Cut off the crusts, and beginning at one corner of the slice, roll it tightly over two sticks of crisp celery. The butter will hold it together. The celery should be broken into thin strips about the size of the smallest stalks toward the leaf end, and also cut an appropriate length.

Baked Bean Sandwiches

Butter thin slices of bread from which the crusts have been removed. Rub one cup of cold baked beans through a strainer or press them through a fine sieve. Season these to taste, using a bit of onion juice, a teaspoon of chopped parsley, the same of chopped celery, and a very little prepared mustard. Spread this upon the bread, and roll, or cut into fancy shapes.

Salmon Sandwiches

Spread four rather thick slices of bread with cream cheese and salmon chopped up fine, putting the cheese on both sides of the salmon, to make the slices stick together. Pile them up, making a cube, with bread top and bottom, and press together firmly; wrap in a damp cloth and put in the cold until time to serve; then trim off the crusts and slice the cubes into dainty sandwiches, which look like layer cake.

Flower or Fruit Butter

Wrap new, fresh butter in paraffin paper. Place a thick layer of the desired blooms or leaves in the bottom of a bowl, put the butter on top of this, then cover thickly with more leaves. Cover the bowl as tightly as possible and set away in a cool room for at least three hours. The result will be faintly suggestive of the blossoms.

Fairy Butter

Mix thoroughly three hard cooked eggs with two tablespoons of sugar, beat into this four tablespoons of fresh butter and flavor to taste with almond paste.

Parsley Butter

Add one teaspoon of salt, a speck of pepper and a tablespoon of finely minced parsley, to half a cup of fresh butter. Cream together and gradually beat into this a tablespoon of lemon juice.

Lobster Butter

Beat until a paste two tablespoons of coral with three of lobster meat, add one-fourth cup of fresh butter. Season to taste with paprika, lemon juice and a grating of nutmeg, and cream the whole together.

Savory Butter

Add two teaspoons of vinegar, two teaspoons of anchovy paste and two of French mustard with twice as much Roquefort cheese to one-half cup of butter. Beat until smooth and creamy.

Salmon Canapes

Cut slices of bread in fingers one-half inch thick, fry in olive oil until light brown. When cold butter and cover with thin slices of smoked salmon.

Potted Cheese

Pound one pound of cheese in a mortar with two ounces of liquid butter, one glass of sherry or brandy, cayenne pepper, mace and salt. Beat all well together and put into a small jar, with a layer of butter on top.

Crab Appetizer

Mix half a pint of sweet cream with the shredded meat from six boiled crabs, and when warmed through add three tablespoons of butter, salt, cayenne pepper to taste and two tablespoons of grated Italian cheese and the beaten yolk of one egg. Heat thoroughly, and place on squares of buttered toast. Place them in a pan and run into the oven for a few minutes, then serve each on a white lettuce leaf.

Hickory Nut Canapes

Cut bread into slices one-quarter of an inch thick, then with a small biscuit cutter stamp into meat circles; fry them in hot fat or saute in butter until they are golden brown. Pound in a mortar a pint of shelled hickory nut meats, moisten with a little sweet cream and season with salt and cayenne; when reduced to a thick paste, spread on the prepared bread, dust thickly with grated Parmesan cheese and cook in a quick oven until crisp and brown.

Ham Canapes

Take one cup of chopped ham, two tablespoons of cream, a dash of cayenne and two tablespoons of grated cheese, and mix thoroughly. Shape rounds of white bread with a cooky cutter, fry them lightly in butter, spread with the ham mixture, sift grated cheese over the top, brown lightly in a hot oven and garnish each one with a stuffed olive.

Deviled Cheese

One quarter pound jar of Roquefort cheese, one-half pound Philadelphia cream cheese (or Neufchatel), two tablespoons of tomato ketchup, one teaspoon of Worcestershire sauce, one-half teaspoon of paprika, one-half teaspoon of salt, eight or ten chives chopped fine. This should be thoroughly mixed and put in jars, where, in a cool place, it will keep indefinitely. Spread on saltines and you will find it one of the best things for luncheon or to "finish" a dinner that you know.

A Bonne Bouche

A *bonne bouche* is simply a taste of something unusually good and especially unique. This one is made of hard cooked egg whites, olives, anchovies, or clams, or even mussels, mixed with a mayonnaise and served cold in cold patty shells, very small ones. As a garnish, minced parsley is mixed with the powdered yolks and sprinkled on top.

Egg and Sardine Canapes

Cut six hard-cooked eggs into halves, separate the whites and yolks, finely chop the whites and rub the yolks through a sieve. Remove the bones and skin from a dozen sardines, add half the sifted yolks, mix to a paste with a little oil from the can and season to taste with salt, cayenne and lemon juice. Cut thin slices of bread into small rounds with a biscuit cutter and saute in fresh butter until a delicate brown on both sides. When cool, spread with the sardine paste, decorate about the edge with the chopped whites and in the center put a little of the sifted yolks.

Oyster Cocktails

Cut rounds from rye bread with a cooky cutter, butter them lightly on both sides, then dip them for a moment in brown stock and toast them. Set closely

together in a tin and cover with oysters, three or four on each round of toast. Pepper and salt, then set under the flame in the gas stove till the frills of the oysters begin to curl up. Serve piping hot.

Maple Sugar Sandwiches

Force some maple sugar through a food chopper, mix it with one-fourth its quantity of chopped and delicately browned nut meats, then spread between thin slices of fresh buttered bread. Either brown, entire wheat or white bread may be used, or the lower layer of bread may be of one kind of bread and the upper layer of another. This is a dainty sandwich for afternoon teas.

Fruits and Preserving

Canning

It is essential that the fruit chosen should be fresh, perfectly sound, fine in flavor and of uniform ripeness. Overripe as well as underripe fruit has inferior flavor.

Before beginning the actual work of cooking the fruit, have all the needed utensils close at hand in order and immaculately clean. If much fruit is to be put up, it is better to do the preparatory work, such as bringing out needed kettles, examining and cleansing jars, and similar matter, the day before, so that early the following morning one may start in at the real work while still free from fatigue.

Use only utensils that are not affected by the acid in the fruit, such as granite, aluminum, silver or earthenware. Wide-mouthed self-sealing glass jars with glass or porcelain-lined covers are the best; tin especially should not be used. Pint jars are more convenient for small families. Examine all jars to make sure there are no defects, that the covers fit perfectly, and that the rims are not bent, else they cannot be hermetically sealed. Thoroughly clean and scald the jars and boil the covers to sterilize them. Use new rubbers each season, as they always deteriorate with usage or age.

All fruit should be washed only sufficiently to thoroughly cleanse it, as too much washing impairs the flavor. To clean berries, currants and similar small fruits, pick over and carefully stem them, then put a few at a time into a colander, rinse by dipping it quickly several times in and out of a pan of clear, cold water and drain thoroughly. Change the water as often as needed. Cherries should be washed, then stemmed and seeded, in order to save all the juice. Wash plums and seed them; or, if the seeds are to be retained, prick each plum in several places with a large needle or a silver fork to prevent the skins from bursting. Peaches, pears and similar fruits should be pared with a silver knife, freed as desired from stones and cores, then covered with a dampened napkin until the moment of cooking, to

prevent discoloration. Sometimes, to add to their natural appearance, stems of pears are carefully scraped and left on the fruit.

Pack the fruit as fast as it is prepared directly into the jars, as closely as possible without mashing. Make a syrup, using sugar according to taste, or in the proportion of two cups of sugar to one cup of water. Cool it sufficiently to avoid danger of breaking the jars, then pour over the fruit in the jars to within an inch of the top. This allows for expansion in cooking. Screw on the covers, leaving off the rubber bands. Set the jars so they cannot touch each other—it is well to separate them with folds of old newspaper—in a wash boiler of lukewarm water, or water about the aame temperature as the jars. If only a few jars at a time are to be canned use a deep saucepan. Have the water cover the jars to about three-fourths of their hight. Stand the jars on a perforated board or on heavy folds of paper, so the water can circulate under as well as around them, and thus avoid the danger of breakage. Cover the vessel so the steam will increase the intensity of the heat, heat to the boiling point and boil steadily from fifteen to thirty minutes, according to the firmness of the fruit. Berries, cherries and plums should cook about fifteen minutes, peaches and pears from twenty to thirty minutes. Test by piercing with a fork, taking care not to cook until too soft. When done, lift out the jars one at a time, and run a silver knife that has been sterilized in boiling water around the inside of the jar to liberate the air, taking care not to mash the fruit. If the fruit falls some, fill again for sealing, using for this purpose boiling syrup, boiling water or the contents of another jar. The latter is really the preferable way, one jar usually sufficing to fill up three or four jars.

Carefully dry the top of the jar, dip the rubber in and out of boiling water, dry and put firmly on the jar. Fill the jar to overflowing with the boiling syrup, then dry and screw on the cover, which meanwhile has been standing in boiling water. Let the rubber show an even edge all around, screw the cover as tightly as possible, turn the jar upside down for half a minute, and if any juice escapes open and seal over again immediately.

Stand the jars right side up in a place free from draft while cooling. As the glass contracts in cooling, the covers become loose, so it is necessary to screw them repeatedly. The next morning screw the covers tightly as possible for the last time, invert the jars on clean paper, and if there is no leakage, they are ready for storing.

Strawberry Preserves

Purchase large, choice, perfect berries, not over ripe. Remove the stems carefully, then wash and weigh the fruit. To wash without bruising, put about a quart of berries into the colander at a time, then dip quickly in and out of a deep pan of clear water several times, and drain thoroughly. For every pound of fruit measure three-quarters of a pound of sugar, then put the fruit and sugar in alternate layers into a large granite preserving kettle, not using over six pounds of fruit at a time. If too much is prepared at a time, the fruit is crushed by its own weight. Stand aside until the bottom of the kettle is covered with juice, then cover and heat very gradually to boiling. Boil gently for fifteen minutes and remove all scum. Do not stir unless really necessary as stirring breaks the fruit. Pour the cooked mixture into large platters or deep soup plates to the depth of about an inch and put on a table in the sunniest spot in the yard, moving the table if need be, as the sun shifts position. Cover securely to protect against flying insects, using a double thickness of mosquito netting. To prevent the netting from falling into the fruit, elevate it by putting fruit jars around the ends of the table, with one in the center, and tie securely over all, so nothing can crawl in from underneath. To guard against ants place the feet of the table in water. Late in the afternoon, about 5 o'clock, and before the dew commences to fall, bring the fruit indoors. Scrape the contents of the several plates into one large crock to obtain uniform consistency in the entire mass. The following morning pour into plates and proceed as before. Continue this process until the syrup is very thick and almost a jelly. Three days usually are needed, but the time varies according to the intensity of the heat. Ample time must be given to insure perfect keeping. When done put

the contents of the several plates into one dish as before, then turn without other cooking into small self-sealing glass jars. Pour melted paraffine over the top of the fruit, adjust rubbers and lids and, to guard against mold, tie a piece of cotton over the top of the jar. Wrap jars in dark paper, label and store as other fruit in a cool, dark, dry place.

Of course bright, clear, hot, sunshiny days are essential for preserves of this kind and unless the weather is propitious it is folly to attempt it; but if the preserving has been commenced and rain follows before it is done, it may be kept for several days and then finished. If the weather remains unfavorable for a long period it is safer to finish the preserve by cooking it on the stove. Fruit prepared in this way retains in an unusual degree its natural appearance and flavor and if carefully prepared and sealed will keep indefinitely. The method seems particularly well adapted for the early small fruits, the sun possessing greater power at the season of their maturity. In the temperate climate the heat is not sufficiently intense after the middle of July to keep the fruit.

Currant Preserves

Choose the large, cherry currants, wash and stem them. To a pound of fruit allow a pound of sugar, and proceed according to directions for preserving strawberries. Currants are particularly fine prepared in this way and are fully equal in excellence to the famous bar-le-duc currants, from which they can scarcely be distinguished.

Fruit Tutti Frutti

Put a pint of brandy into a thoroughly sweet three-gallon stone jar. Beginning with strawberries, the first fruit of the season, add in succession the various fruits as they appear in market, taking care to choose only those which are choice, firm and fresh. Add a pound of sugar to each pound of fruit until the jar is almost half full, then use three-quarters of a pound of sugar to each pound of fruit. Stir the mixture thoroughly for several mornings after each addition of fruit and sugar to dissolve the sugar, using for this purpose a wooden or graniteware spoon and tak-

ing care not to mash the fruit. Cover the jar securely and keep in the cellar or in a cool, dry place. Use the following proportion of fruit: Two quarts strawberries, one large pineapple, one quart red cherries, one quart yellow cherries, one quart red raspberries, one pint large currants, one quart apricots and prunes, plums and peaches to fill the jar. Leave the berries whole, cut the pineapple into suitable pieces for eating, seed the cherries, pare the apricots and peaches and cut into halves or quarters, and stone the plums and leave whole.

Vegetable Tutti Frutti

For this pickle, use tiny ears of corn, small cucumbers, florets of cauliflower, tiny carrots, cut-up hearts of hard white cabbage, snap and wax beans, small silver skin onions, radishes, small green tomatoes, a few green peaches pulled before the stones have formed, small green muskmelons, various kinds of peppers, nasturitum seed, martynias, garlic and horse-radish. These vegetables are added to the jar from time to time as in the fruit tutti frutti jar. The vinegar may be prepared to suit one's fancy—it may be plain, spiced, have turmeric or mustard added as for yellow, or mustard pickle, or this recipe for vinegar for Indian pickle followed: To a gallon of vinegar add two and one-half ounces of salt, one-half pound of flour of mustard, two ounces of turmeric, three ounces of sliced white ginger, one ounce of cloves, one-half an ounce of mace, black and white pepper each, one-fourth of an ounce of cayenne, four ounces of peeled eschalots and one ounce of garlic. Put the vinegar on the fire to heat; when it reaches the boiling point add the mustard and turmeric mixed smooth with a little cold vinegar, and stir until it is well blended with the vinegar, then take from the fire and add the other ingredients. When cold, pour in a stone jar and put in such vegetables as may be ready. Then tie the jar very closely. Open and put in other vegetables from time to time as they come in season. All of them are so small that they do not need to be soaked in brine; just wash well in water, dry, and put in the jar of vinegar.

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Sweet Pickled Peaches

Pare choice, firm peaches of fine flavor. Many prefer clingstones for this purpose, but as they need more manipulation at the table, freestones are recommended. If the former are used leave whole; the latter should be cut in halves, stoned, and the kernels of at least a third added to the peaches. Weigh the prepared fruit and put it into a deep stone crock. To seven pounds of fruit allow four pounds of light brown sugar, a pint of pure cider vinegar of medium strength, an ounce of stick cinnamon, two tablespoons of whole allspice and two teaspoons of whole cloves. Tie the spices in a cheesecloth, boil with the sugar and vinegar for five minutes, skim well and pour boiling hot over the fruit. Cover securely and stand in a cool place over night. The next morning drain off the syrup, boil for ten minutes with the spice bag, skim and again pour boiling hot over the fruit. Continue this process for three successive mornings. The last morning add the fruit to the syrup and spices and boil gently until pierced easily with a fork, then skim out and put into the crock. Continue to boil the syrup until it is as thick as molasses. If, after the second boiling, it does not seem spiced sufficiently, add more spices tied in a fresh bag. When the syrup is done, reheat the peaches in it, then fill into self-sealing glass jars as in canning. Although pickled fruit will keep in the crock if securely tied, it is decidedly preferable to seal it in jars.

Cherries, Plums and German Prunes

These are delicious when sweet pickled. Pit cherries. Plums are usually stoned; the very large ones are sometimes left whole. If left whole, prick with a silver fork to prevent the skins from bursting. Proceed exactly as in making peach sweet pickles.

Spiced Currants

Six pounds of currants, one level tablespoon of cinnamon, four pounds of sugar, one level teaspoon of cloves, two pounds of raisins, one level teaspoon of allspice, one cup of vinegar. Pick over the currants, wash, drain and remove the stems. Put into a preserving kettle, add the sugar, raisins and vinegar and cook until it commences to thicken; add the spices

and cook to a thick sauce. This is particularly fine with lamb and venison.

Apple Jam

None of the soft non-keeping apples are suitable for preserving; sound, tart baking apples are the proper ones to use. Pare the apples, cut them in quarters, core carefully and slice rather thick; to every pound allow one pound of good brown sugar, and to every five pounds of apples allow the thinly cut rinds and juice of four lemons, and, according to taste, either a quarter or half a pound of young whole ginger, and one ounce of cloves. Let all lie together in a bowl till next day, when they should be boiled until perfectly clear and until the apples are a rich amber color. Windfalls, when carefully prepared by cutting away all injured portions, make good jam after the above recipe.

Blackberry Jam

Gather the fruit in dry weather, allow half a pound of good brown sugar to every pound of fruit; boil the whole together gently for an hour, or till the blackberries are soft, stirring and mashing them well. Put in small jars and tie down. This is particularly good for children.

Gooseberry Marmalade

Use three-fourths of a pound of sugar to a pound of fruit. Put the sugar and fruit in layers in a preserving kettle. Heat very slowly, and crush the fruit a little as it heats to extract the juice. Simmer very gently until it is a thick mass. It must be stirred frequently, and cooked until the skins are perfectly tender. Seal in tumblers like jelly.

Candies

Fondant

Boil two and one-half pounds of sugar and one-half teaspoon of cream of tartar with one and one-half cups of water until 242 F is registered on the candy thermometer. A less delicate test is that of the soft ball when tried in cold water.

Cook in a kettle with a small surface and do not attempt to cook the syrup on a damp day. Wrap a clean piece of cheesecloth around a wooden spoon, dip in hot water and wash down the sides of the candy kettle. This prevents crystallizing and should be done often. When cooked, pour gently into a large oiled platter. Hold back the last quarter cup as it is apt to crystallize the whole. Cool without disturbing until only lukewarm, then beat with two silver knives until creamy. Pour into a stone jar, cover with waxed paper and a damp cloth and let it ripen forty-eight hours before using. Fondant properly cared for will keep indefinitely.

Soft Ginger Chocolate Creams

Form fondant into tiny cones, tucking into each cone a bit of preserved ginger, well dried before using. Dip the balls into melted chocolate, one at a time, and lay on paraffine paper in a cold place until hardened.

Buttercups

Boil one cup of water, two cups of granulated sugar and a teaspoon of lemon juice until it cracks in cold water. Color a pale yellow with vegetable coloring and pour on an oiled platter to cool. Mold a cup of fondant until creamy. Roll out a portion of the yellow candy, making of it a long and narrow strip about an inch and a half wide. On this lay a roll of the fondant as long as the candy and about half an inch in diameter. Wrap the candy around it, stretch all with the hands until quite small and cut in half-inch length. Any preferred flavorings can be used. A particularly pleasing combination is formed by flavoring the candy with orange extract and the fondant with banana.

Plum Pudding Bonbons

Into two cups of fondant slightly warmed mix, also slightly warmed and thoroughly dry, one tablespoon each of chopped citron, chopped candied orange peel and seeded chopped raisins, two tablespoons of currants dredged with half a teaspoon of ground cinnamon and the grated rind of a lemon, and three tablespoons of chopped nut meats; use the hands rather than a spoon. Form into small balls, dip in unsweetened chocolate melted over hot water, and place on an oiled platter to harden.

Opera Creams

Melt together slowly three-fourths cup of milk, two cups of sugar and two squares of chocolate; then boil for three or four minutes, flavor and put in a cold place. The pan should not be touched for at least an hour or until it is absolutely cold. Then beat until it becomes resistant and creamy. Drop into round balls on paper.

Maple and Butternut Cream

Break into small pieces two pounds of "honest" maple sugar and heat in a porcelain or enameled saucepan with one pint of cream. Boil over a moderate fire to the soft ball stage. Remove from the fire, add one cup of chopped butternut meats and stir slowly until the mixture cools and begins to thicken, then pour into shallow buttered pans, score in squares and place a butternut meat on each square.

Maple Candy

Boil together for five minutes one cup of maple syrup and one cup of sugar; add one-quarter of a teaspoon of cream of tartar, two teaspoons of butter and two teaspoons of vinegar. After it has boiled until it is brittle when tried in cold water, pour it into buttered pans to cool. When cool enough to handle, pull it until it becomes hard, then cut it in pieces and allow it to stand two or three days to become "ripened."

Mexican Caramels

Put a cup of granulated sugar into a clean iron skillet and stir constantly over a slow fire until the sugar is melted, taking care it does not brown. As soon as the sugar becomes a syrup add a cup of rich milk or cream, and

stir constantly until the sugar is all dissolved. Add next a cup each of granulated and of light brown sugar and boil steadily until the mixture forms a soft ball when tested in cold water. Take from the fire, add a cup of coarsely chopped nut meats and stir to a creamy consistency. Pour into a shallow pan lined with paraffine paper, spread smoothly about half an inch in thickness and mark into squares while still warm. These caramels are perfectly delicious, being both waxy and creamy. Any single kind or a mixture of several kinds of nut meats may be used. If there is any fondant at hand, pleasing variety is produced by filling the molds with a thin layer of the caramel and covering with a layer of melted fondant.

Coffee Nut Caramels

Place in a granite saucepan one cup of confectioner's sugar, half a cup of cream and a quarter of a cup of very strong coffee; stir constantly over a hot fire, until it reaches the hard ball stage, remove from the fire and stir in a cup of hickory meats. Turn out on an oiled slab or into a pan, having the paste half an inch thick, and mark into squares while warm.

Marshmallow Fudge

Cook a cup of cream and two cups of powdered sugar (pulverized), stirring gently to avoid scorching, until the mixture begins to boil. Now add one-quarter pound of chocolate, stirring, as needed, until all is melted. The mixture should boil for perhaps ten minutes, a drop being tried in cold water until soft ball stage is reached. Add an inch and a half cube of butter, and stir until well mixed. Take the fudge from the flame, and beat briskly for five or ten minutes, then pour it in a buttered fudge pan containing a half pound of cut-up marshmallows and a quarter pound of chopped pecan meats scattered through.

Chocolate Arabics

Purchase the desired number of gum drops—either the jelly sort or "jawbreakers"—and give them a coat of chocolate. To every ounce of unsweetened chocolate, melted, add two tablespoons of milk, one or two tablespoons

of sugar and the least bit of butter. Stir over the fire till smooth and, while it is warm, dip the drop into it with a fork or candy wire and place on a piece of marble. If the chocolate becomes too stiff, thin cautiously with sugar syrup. The covering entirely changes the character of the gum drops, greatly improving their flavor.

Peanut Brittle

Shell, skin and chop fine one quart of peanuts or enough to make one cup of nut meats. Place one cup of sugar in a saucepan without water and heat gradually, stirring all the time, until the sugar is completely melted. Mix the peanuts in thoroughly, pour out on an inverted tin, unbuttered, then shape into a square with two broad knives. When the candy begins to hold its shape, mark it in small squares and continue to shape it and re-mark it until it hardens.

Butter Scotch

Two cups of light brown sugar, one cup of butter, one tablespoon of vinegar and one of water. Mix all together and boil twenty minutes. Add one-eighth of a tablespoon of baking soda, and as soon as it will crisp in cold water remove from the fire. When done pour out on a flat buttered tin and mark off in squares.

Glace Walnuts

Boil a cup of sugar, a few grains of cream of tartar and half a cup of boiling water over a hot fire. Do not stir after the boiling has begun. Remove from the fire as soon as there is a suspicion of a faint yellow tinge to the syrup, dip the halved nuts separately into the syrup, then drop onto oiled paper. Stand the syrup in a pan of hot water to keep hot during dipping.

Chafing-Dish Recipes

Lobster Newburg

This is the true Newburg as brought from Lorraine by a particularly capable chef. The materials are the meat from one lobster, cut into dice, the yolks of three eggs, one cup of cream, a wineglass of sherry, a tablespoon of butter, a shake of cayenne pepper and a pinch of salt. Saute the lobster in butter, adding the sherry wine and using for thia process the blazer. Beat the yolks of the eggs with the cup of cream, and add to the sauted lobster. Allow this to heat until it just begins to thicken, then take it off and serve. Never use flour or cornstarch for thickening.

Sweetbreads Newburg

Parboil, cool and cut into cubes sufficient sweetbread to make one and a half cups. Have ready also half a cup of mushrooms, cooked and quartered. Heat a cup of cream in the blazer over hot water. Add the sweetbread and mushrooms. Beat the yolks of three eggs, add a quarter of a teaspoon of salt, a few grains of cayenne and half a cup of sherry wine. Stir this gradually into the cream mixture and continue stirring until slightly thickened, then serve at once on toast or puff paste points.

Turkey Newburg

Melt one tablespoon of butter in a double boiler or chafing-dish, add one cup of cold turkey breast cut into dice, one cup of canned lobster cut into small pieces, one teaspoon of salt and a liberal seasoning of cayenne. Cook several minutes and flavor with three-quarters of a cup of sherry or marsala if liked; cook three minutes longer, then add three egg yolks and a cup of cream beaten together. Stir until the egg is set and serve at once or the mixture will curdle.

Asparagus Newburg

Heat in the chafing-dish with a tablespoon of melted butter, a cup of parboiled asparagus tips, adding a saltspoon of salt and a pinch of black pepper; then pour in a wineglass of Madeira, if liked,

and cook over the hot water pan for about three minutes; meanwhile beat until light the yolks of three eggs, to which add half a pint of double cream, and very gradually add this to the asparagus, stirring constantly; cook only for a moment or two or until the Newburg is well thickened and serve on triangles of toasted wheat bread.

Creamed Chicken with Fresh Mushrooms

Take a small fowl, clean and cook till tender. When cold, cut the breast in small dice, and season with salt and pepper. Now take two tablespoons of good butter, one tablespoon of flour, moisten with one cup of hot cream and beat over the fire till smooth. To this, add chicken with one quart of fresh mushrooms, cut in dice; let all simmer twenty minutes. Serve on strips of toast; garnish with green parsley.

Creamed Kidneys

One tablespoon of butter is sauted with two of flour, then one cup of milk is added with salt and pepper. After this, some veal kidneys that have been carefully prepared and chopped fine are put in—about six small ones. Then one teaspoon each of finely minced parsley and the ubiquitous red pepper and a cup of cream in which there is one beaten egg yolk. When boiling it is served in tiny dishes. The kidneys are prepared by first soaking them in salt and water, then drain and cover with boiling water. Cook just five minutes—more boiling would make them tough.

Creamed Terrapin

Mix in the blazer two tablespoons of butter and one of flour and gradually stir in one pint of cream, a teaspoon of salt, a saltspoon of white pepper, the same of grated nutmeg, a pinch of cayenne pepper and a pint of terrapin meat, stirring all until scalding hot. Place over the hot water pan where the contents will keep hot but will not boil. Then stir in four well-beaten eggs, but do not allow the terrapin to boil after adding the eggs. Just before serving put in a gill of good sherry wine, if liked, and a tablespoon of lemon juice.

Green Sea Turtle in Chafing-Dish

Take one two-pound can of turtle meat, cut in small pieces, braise in two ounces of butter with a little onion. Add one-half pint of cream and two hard-cooked eggs cut rather fine. Thicken with a little flour mixed first with cold milk. Salt and paprika to taste, a glass of Madeira, if desired, and serve from chafing-dish on squares of toast with sliced lemon.

Mock Terrapin in the Chafing-Dish

Take the dark meat of a chicken cooked the day previous and half a pound of calf's liver; put together in the chafing-dish, add two cloves of garlic, one small onion sliced, two stalks of celery; cover with boiling water and cook twenty minutes. Take out and cut into dice. Cleanse the chafing-dish and put in a quarter of a pound of butter; while the butter is melting, take the yolks of two hard-cooked eggs, mash to a smooth paste, adding gradually a cup of cream. Add a tablespoon of flour to the butter, mix and add the cream and eggs, stir constantly until it reaches the boiling point, then add meat, a teaspoon of salt, a dash of cayenne and just a suspicion of mace. Serve hot on rounds of buttered toast.

Crabs a la Creole

Cut three slices of bacon in small pieces, put them in the hot dish, add two cups of crab meat cut into dice, then one green pepper denuded of its interior and chopped fine, one cup of tomatoes, pulp and juice, and when boiling add one cup of fresh mushrooms (the canned ones are a makeshift), cut into small pieces, cook for a few moments, then serve in tiny nappies or stewpans. The latter are the most popular.

Algonquin Oyster Stew (For four persons)

Take four stalks of celery, cut fine with a silver knife to prevent it from discoloring. Take a piece of butter about the size of an egg, brown it well in the chafing-dish blazer, add the celery, cook it until thoroughly done, which will be in about ten minutes. Add one quart of bulk oysters with the liquor. Cook until the oysters curl. Cook for ten

minutes longer, season with salt and paprika and serve with hot browned oyster crackers.

Delmonico Stew

Cook four slices of bacon slowly, removing the fat as fast as possible. When the bacon is done and dry, dry it more by keeping it warm on a piece of brown wrapping paper. Put back into the blazer a little of the fat and add two cups of the meat of frogs' legs scraped from the bones, and add one cup of oyster crabs. Cook until tender, then add the bacon cut in small pieces and serve. For those who can afford oyster crabs and are not too squeamish to eat them, this dish is most acceptable.

Lamb Piquant

Cut cold lamb or mutton into small thin slices. Prepare the sauce in the blazer, beginning with two tablespoons of butter, then two of tomato catsup, three of currant jelly and one of tarragon vinegar. Add a sprinkling of salt and when hot one tablespoon of sweet red pepper minced fine. When this is boiling put in the meat and serve.

Finnan Haddie

This old friend has come to the front again dressed in cream sauce, with trimmings of red pepper. It is exceedingly palatable if carefully prepared beforehand. This means that it must be soaked half an hour in cold water, skin side up, then drained and covered with hot milk. After resting five minutes in this bath it should be drained and every bit of skin and bone removed. The flakes should then be cooked in butter for a moment before the cream sauce is added. Add half a teaspoon of Wiesbaden sauce and one tablespoon of minced red pepper.

Scotch Woodcock

Shell and chop the whites of six hard cooked eggs very fine. Rub the yolks to a smooth paste with two tablespoons of melted butter, one-quarter teaspoon of salt, a dusting of paprika, half a teaspoon anchovy essence, or paste may be used, and a teaspoon of cornstarch. Add a cup and a quarter of rich milk and cook in a double boiler to a thick cream. Have ready a number of slices of thin crisp buttered toast; spread a layer of the

yolk cream over each, sprinkle with the chopped whites which have been kept warm over hot water, pile on a hot platter, pour over the remainder of the sauce and serve at once.

India Curried Onion

Fry sliced onions in butter or good fat; salt well and add one teaspoon of curry, two raw eggs and a few drops of lemon juice. Serve hot.

Dream Cakes

Put slices of American cheese between very thin slices of white bread and fry in butter, red pepper and salt. The pepper should of course be used according to taste, but they are supposed to be better when well seasoned. The bread should be thin enough to let the cheese melt through.

Cookery for the Sick

Thickened Milk

Scald one cup of milk, reserving two tablespoons. Add cold milk, gradually, to one tablespoon of flour while stirring constantly to make a smooth paste. Pour into the scalded milk and stir until the mixture thickens, then cover, and cook over hot water twenty minutes. Season with salt. An inch piece of stick cinnamon may be cooked with the milk if liked, and tends to reduce a laxative condition. Thickened milk is often given in bowel troubles.

Oatmeal Gruel

Add one-fourth cup of rolled oats, tablespoon flour, one-fourth teaspoon salt, to one and one-half cups boiling water, let boil two minutes, then cook over hot water one hour. Strain, bring to boiling point, and add milk or cream if indicated.

Flour Gruel

Mix two teaspoons of flour and one saltspoon of salt and make into a smooth, thin paste with a little cold water, then stir it into one cup of boiling water. Cook until the desired consistency is obtained. Strain; then add sugar, if preferred, and thin with a little milk.

Indian Meal Gruel

One tablespoon Indian meal, one-half tablespoon flour, one-fourth teaspoon salt, two tablespoons cold water, one and one-half cups boiling water, milk or cream. Blend the meal, flour and salt with the cold water to make a smooth paste and stir into the boiling water. Boil on back of stove one hour and a half. Dilute with milk or cream. Strain.

Cracker Gruel

One tablespoon rolled and sifted cracker, three-fourths cup milk, one-eighth teaspoon salt. Scald milk, add cracker, and cook over hot water five minutes, then add salt.

Caudle (Yeo)

Beat up an egg to a froth; add a glass of sherry and half a pint of gruel. Flavor with lemon peel, nutmeg and sugar.

Orangeade

Cut the yellow rind from one orange and pour a cup of boiling water over it. Sweeten to taste. Chill and add a teaspoon of lemon juice and the juice of the orange. Serve with shaved ice. This may be varied by using currant, grape, cranberry, apricot or grape fruit juice.

Toast Points

Cut the bread in one-fourth inch slices, trim neatly and cut in diamond shape. Dry thoroughly in the oven, then toast to a delicate brown. Toast whether served dry or as cream toast should be made in this way.

Potato Soup

To one-half cup of mashed potato add one cup of hot milk, heat in a double boiler with four drops of onion juice and one-fourth teaspoon of chopped parsley. Thicken with one-half teaspoon of flour moistened with one teaspoon of cold milk. Season with salt and red pepper if allowed. Beat thoroughly and strain.

Meat Custard

Dissolve one-half teaspoon of beef extract in a half cup of hot water, add to half a cup of hot milk and season with salt, and pepper if allowed. Pour over a beaten egg and bake in a custard cup in a pan of hot water.

Broiled Sweetbreads

Select the throat sweetbreads and soak a half hour in cold water. Place in boiling salted water with a teaspoon of vinegar. Cook without boiling twenty-five minutes. Then place in cold water. Carefully remove every trace of the pipe and membrane surrounding each lobe. They are then ready for the various dishes, but should only be heated, not again cooked. For broiling split and place in a fine wire broiler. When brown serve with lemon and toast points.

...Index...

A

Algonquin Oyster Stew 304
Almond and Celery Soup..... 72
Almond Pudding 192
Apple and Cocoanut Pie..... 240
Apple Compote with Orange Marmalade..210
Apple Fritters 166
Apple Jam 290
Apple Pie, Fairy 240
Apple Pie, Shaker 236
Apple Sherbet 216
Apples in Maple Syrup..... 208
Apricot Ice in Jelly Cups..... 222
Artichoke Salad 152
Asparagus in Aspic Jelly..... 122
Asparagus Newburg 300
Asparagus Rissoles 124
Aspic Jelly Salad 146

B

Baked Apple Dumplings 184
Baked Bean Sandwiches 270
Baked Fillets of Fish..... 80
Baked Hubbard Squash 128
Baked Stuffed Fish 82
Banana Dessert 210
Banana Fluff 226
Banana Snow 202
Bancroft Pudding 190
Bean and Celery Soup..... 72
Bean Porridge 68
Beans, Baked 132
Beans, Baked Corn and..... 136
Beans, Baked without Pork..... 136
Beans Haricot 134
Bernaise Sauce 112
Bechamel Sauce 114
Beef, Roast Fillet of..... 90
Beef, Spiced..... 94
Beef Stock 66
Beet Fritters a la Dickens..... 128
Biscuit Cream 226
Black Bean Soup 70
Blackberry Bounce 40
Blackberry Jam 290
Boiled Cream Dressing 140
Bonne Bouche, A 174
Braised Beef 92
Ducks 102
Breadsticks 56
Brine for Corning 106
Broiled Ham 106
Broiled Sweetbreads 312
Brown Bread, Steamed 54
Brown Sauce 110
Brown Almond Icing 264
Brussels Salad 142
Brussels Sprouts 138
Brussels Sprouts with Chestnuts..... 138
Butter Scotch 298
Buttercups 292
Buttermilk Biscuit 54

C

Cabbage Souffle 136
Cabbage, Swedish 172
Cabbage with Ham 136
Caffe Cup, Hungarian 44
Candied Sweet Potatoes 124
Canning 278
Canton Nut Pudding 224

Caramel Sauce 118
Carrots au Jus 138
Caudle 310
Cauliflower and Beet Salad....150
Fritters 136
Celery Rolls 170
Sandwiches 270
Cereals, Table for Cooking.... 46
Chateaubriand 92
Cheese, Eggs and 64
Escalloped Tomato and 132
Fondu in Shells 164
Heartlets 244
Pie 158
Potted 272
Soup, Cream of 74
Straws 244
Chestnuts, Brussels Sprouts with....138
Cream Puree of 72
Chicken Creamed with Fresh Mushrooms.302
Or Turkey Fritters 164
Ramekins of 160
Shaker Fricasseed 104
Spring 102
Chocolate Arabics 296
Crullers 260
Loaf 252
Pie 250
Soup 76
Christmas Tarts 248
Chupe 170
Clam Fritters 166
Soup 70
Coal Range, The 32
Cocoa 40
Iced 40
Cocoanut Custards 246
Ice 218
Coffee 40
Cake 258
Frozen Turkish 220
Nut Caramels 296
Sauce 120
Cold Meat Salad 150
Consomme 66
Cooking, Modes of 37
Corn Fritters 132
Souffle 132
Souffle 156
Corned Tongue 106
Crab Appetizer 272
Crabs a la Creole....304
Deviled 158
Cracker Gruel 310
Cranberry Fritters 164
Patties 246
Pudding 184
Cream Dates 210
Nut Filling 264
Creamed Chicken with Fresh Mushrooms.302
Fish 86
Kidneys 302
Terrapin 302
Creamy Rice Pudding 192
Cucumber and Sweetbread Salad....144
Fritters 122
Currant Preserves 284

D

Dainty Dessert, A 210
Date and Apple Pie....240
Blancmange 204
Bread and Butter Pudding....182
Buns 56
Cake 258
Mold 202
Puffs 262
Sandwiches 266
Suet Pudding 182
Dates, Cream 210
Delmonico Stew 306
Deviled Cheese 274
Crabs 158
Don'ts from a Stove Repairer.... 34
Doughnuts, Raised Shaker 262
Dream Cakes 308

Dresden Chocolate Crumbs 210
Dried Fruit Soup 76
Duchess Prunes 208
Duck Salad 144

E

East India Salad 140
Egg and Sardine Canape.....274
  Sandwiches 266
  Sauce 114
  Timbales 64
Eggs and Cheese 64
  Au Gratin 62
  Spanish 64
  Vermicelli 62
English Walnut Cake, Orange Dressing...260
  Walnut Pie 240
Escalloped Chicken with Green Peppers and Tomatoes 156
  Fish 86
Espagnole Sauce 110

F

Fairy Butter 270
Fig and Banana Mousse.....204
  Fritters 164
  Fig Pudding 208
Figaro Sauce 114
Fillets of Fish, Baked..... 80
Filling, Maple Cream 186
Finnan Haddie 306
  On Toast 84
Fire, To build and keep..... 33
Fish 78
  A la Lee 82
  And Egg, Shaker 84
Flemish Soup..... 72
Flour Gruel 310
Flower or Fruit Butter.....270
  Salad 150
Fondant 292
Food for indoor and outdoor workers..... 31
  What makes a 30
Frappes 214
French Dressing 140
  Wedding Cake 256
Fried Eggs 62
  Nuts 170
  Sandwiches with Ham 268
Fritter Batter 162
Frozen Nut Pudding 224
  Orange Pudding 230
  Peaches 220
  Pudding 224
  Tomato Salad 150
Fruit Butter, Flower or.....270
  Rissolettes 248
  Snow 204
  Soup 76
  Soup, Dried 76
  Tarts 248
  Tutti Fruitti 294

G

Game in Potato Cases.....174
Game Mousse in Cucumber Jelly.....146
Gas Range, The 35
Gelatine Cream Cake 254
General Information 30
Ginger Chocolate Creams, Soft.....292
  Cobbler 42
  Ice 216
  Mousse 200
  Pudding 182
Glace Walnuts 298
Glorified Rice Pudding 196
Golden Ball Fritters 164
Good Friday Pudding 186
Gooseberry Fool 208
Gooseberry Ice 218
  Marmalade 280
  Pudding 188
  Souffle 184
  Sponge 200

Gooseberry Trifle 208
Grape Sherbet 220
Surprise 206
Green Sea Turtle in Chafing Dish..... 304
Griddle Cake Syrup 120

H

Haddock a la Creole..... 82
Halibut Timbales 160
With Lemon Sauce 82
Ham 104
Broiled 106
Canapes 274
Potted 106
Scalloped 106
Hard Sauce 118
Haricot Beans 134
Harvard Salad 148
Hash in a New Dress..... 172
Hickory Nut Cake, Old-Fashioned..... 258
Hickory Nut Canapes 272
Hollandaise Sauce 116
Hot Cross Buns 54
How to Measure 36
Hulled Corn 134

I

Iced Cocoa 40
Rice Pudding 230
Tea 40
Imperatrice Frozen Pudding 230
India Curried Onion 308
Indian Meal Gruel 310
Indian Meal Timbales 162
Indian Pudding 188
Indian Rice Pudding 182
Italian Croquettes 170

J

Johnnycake 56

K

Kartoffel Salad 146
Kidney Relish 176

L

Ladylocks 242
Lamb Cutlets 96
Piquant 306
Lemon Blancmange 202
Cream 194
Custard Pie 242
Rice Pudding 182
Sherbet 216
Snowballs 186
Lentil Croquettes 168
Lime Sherbet 42
Liver Skewered 108
Timbales of 160
Lobster Butter 272
Newburg 300
Lyonnaise Tripe 108

M

Macaroni au gratin in Cheese Shells..... 46
Croquettes 170
Macaroon Ice Cream 224
Mousse 232
Madeira Sabayon Sauce 118
Manhattan Mousse Salad 142
Manipulation 38
Maple and Butternut Cream..... 294
Bisque 228
Candy 294
Charlotte Russe 198
Cream Filling 186
Custard 194
Custard Pie 236
Ice Cream 226

Maple Ice Cream Sauce 228
Mousse 204
Nut Mousse 232
Shortcake 186
Sugar Sandwiches 276
Marlborough Pie 240
Marmalade Rice Cups 190
Marshmallow Cream 204
Fudge 296
Mashed Sweet Potatoes 124
Turnip, Shaker 138
Mayonnaise Dressing 140
Measure, How to 36
Meat Ball Stew 96
Custard 312
Loaf 92
Meats 88
Mexican Caramels 294
Ice Cream 222
Midsummer Salad 140
Migas 178
Mince Pie, A New 238
Shaker 238
Mincemeat 250
Mock Terrapin 304
Molded Fish 80
Mousseline Sauce 112
Mushroom Soup 70
Mutton Cutlets a la Maintenon 96

N

Neapolitans 248
Neufchatel Salad 142
New England Prune Pudding 184
Nut Squares 264

O

Oatmeal Bread 56
Gruel 310
Olive Brown Sauce 110
Sandwiches 266
Onion, India Curried 308
Soup, Thickened 68
Onions, Tomatoes, Corn and 134
Opera Creams 294
Orange Date Pudding 188
Dressing 260
Foam Sauce 120
Food 200
Ice 214
Marmalade Sauce 114
Sauce for Ducks 114
Trifle 198
Oven Stew 94
Oyster Cocktails 274
Oysters, Boston 86
In Shell 86

P

Pancakes, Rye 60
Parisienne Tomatoes 130
Parsley Butter 270
Pastry, Shaker 236
Peanut Brittle 298
Ice Cream 224
Peas, Green 126
Pecan Nut Sandwiches 268
Pepper Sandwiches 266
Pickles, Cherries, Plums and German Prunes 288
Pigs in Blanket 156
Pineapple Meringue 226
Pineapple Shortcake 192
Sponge 206
Piquante Sauce 112
Pistachio Sauce 120
Plain Omelet 62
Plum Pudding 180
Plum Pudding 180
Plum Pudding Bonbons 294
Polish Tarts 248
Pompadour Rice 196
Pork Scallop 174

Potato Croquettes 126
Custards 126
Pyramid 126
Soup 70
Soup 312
Potted Cheese 272
Ham 106
Prune and Rice Meringue....196
Jelly 206
Sherbet 218
Sponge 194
Prunes and English Walnuts....212
On Toast 212
Puff Paste 234
Pumpkin Fanchonettes 246
Pattles 246
Pie 238
Waffles 60

Q

Quail Pates 174

R

Raised Cake 260
Doughnuts, Shaker 262
Raspberry Charlotte 200
Rice Custard 194
Dessert with Chocolate Meringue....196
Mousse with Prunes 232
With Dates 198
With Fruit Sauce 188
With Lamb or Mutton.... ... 96
Rich Spice Cake 258
Richmond Maids of Honor....244
Rye Pancakes 60

S

Salad a la Suisse....144
Salmon Canapes 272
Loaf 84
Loaf, Sauce for 112
Sandwiches 270
Salsify Fritters 122
Salt Cod with Tomatoes.... 84
Sardine Salad 148
Sardines, Fried, with Hot Mayonnaise.... 84
Sassafras Mead 42
Sausage and Apples 108
Savory Butter 272
Scalloped Ham 106
Scotch Woodcock 306
Sea Turtle in Chafing Dish, Green....304
Shrimp Salad 150
Somerset Croquettes 166
Souffle a la Reine....100
Sour Cream Filling 264
Sour Milk Cake 256
Spanish Eggs 64
Sauce 110
Steak 94
Tamales 158
Spiced Beef 94
Currants 288
Spinach 122
Sponge Cake 254
Spring Soup 74
Squash and Almond Croquettes....178
Squash, Baked Hubbard 128
Fried Summer 128
Pie 242
Puff 128
Steak, Spanish 94
With Tomato 172
Stew, Meat Ball.... 96
Oven 94
Stock, Beef 66
Strawberry Mousse, Frozen 216
Pie 246
Plombiere 228
Preserves 282
Puffs 262
Shortcake 190
Soup 74
Trifle 205

Stuffed Apples 186
Squash 178
Tomatoes 128
Sugar Syrup 40
Sunshine Cake 252
Supreme of Chicken 158
Sweetbreads 108
Timbales 162
Broiled 312
In Ramekins 156
Newburg 300
Sweet Pickled Peaches 288
Sweet Potato Croquettes 168
Sweet Potato Fritters 126
Sweet Potato Timbales 178
Sweet Potatoes, Mashed 124
Syrup, Griddle Cake 120
Syrup, Sugar 40

T

Table of Weights and Measures 37
Tarts, Christmas 248
Fruit 248
Polish 248
Tea 40
Cakes 262
Iced 40
Sandwiches 268
Thickened Milk 310
Timbale Cases 154
Halibut 160
To build and keep a fire 33
Toast Points 312
Tomato and Cheese, Escalloped 132
And Rice Soup 68
Tomato and Truffle Salad 148
Cups 148
Cups with Green Corn Filling 130
Fritters 130
Jelly Salad 148
Sauce 112
Sherbet 220
Timbales 162
Tomatoes, Corn and Onions 134
Parisenne 130
Salt Cod with 84
Stuffed 128
Tongue, Corned 106
Fingers 176
Sandwiches 268
Trianon Sauce 112
Tripe Lyonnaise 108
Turkey a la Savoy 98
Dumplings 100
Fritters, Chicken or 164
Gumbo 66
Newburg 300
Roast 98
With Tomato Sauce 100
Turnip, Shaker Mashed 138
Turnips with Yellow Sauce 138
Turnovers 186
Tutti Frutti Fruit 284
Tutti Frutti Vegetable 286

V

Veal Birds 98
Vegetable Tutti Frutti 286
Vegetarian Rice 156

W

Waffles 60
Pumpkin 60
Walnut Sandwiches 268
Watercress Salad 152
Watermelon Sherbet 220
Water Lily Salad 142
What Makes a Food 30
White Loaf Cake 254
White Sauce 110

Y

Yorkshireman's Delight 176